BBC goodfood
Middle East
February 2024
DHS15
www.bbcgoodfoodme.com

Wholesome bowls

- Roasted vegetable soup with halloumi 'croutons'
- Broccoli stem falafel bowl
- Black forest breakfast bowl

WIN!
PRIZES WORTH OVER AED13,700



EASY MIDWEEK MEALS

Prep for the week with our lifestyle tips

IRRESISTIBLE TREATS

- Apple pie with flaky olive oil pastry
- Butterscotch pudding
- Salted caramel millionaire's shortbread

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Welcome!

In the February issue, we've tailored a special Meal Plan for four (p18) with plenty of recipe ideas that balance flavour and convenience, to get you through the week. The cool winter days will soon bid farewell, make the most of this weather with cosy Quick and Clever soups (p26) that pack in nutrients and plenty of good for you ingredients.



For those embracing a mindful kitchen, our Reduce Waste (p29) tips will inspire you to make the most of every ingredient. You can also find Perfect Pancakes (p44) for Shrove Tuesday or an indulgent weekend breakfast. Additionally, our Goodness for You & the Planet feature aligns wholesome meals with environmental values, offering sensational savoury delights. Looking to impress this Valentine's Day? Celebrate with a delish Apple pie with flaky olive oil pastry (p80).

The *BBC Good Food Middle East Magazine Awards 2023* took place at the Ritz-Carlton Dubai on January 25th awarding the finest establishments across the region. Take a look at all the fun we had - on page 100.

Happy Reading!

Nicola Monteath
Editor

These are a few of our favourite dishes...



"Risotto is always on the menu for Italian-themed nights at home. I can't wait to try this sustainable Mushroom barley risotto"

Liz Smyth, Group Sales Director



"I always try a new type of pancake on Shrove Tuesday. These Fluffy Japanese pancakes are next up on my list for a treat for the family."

Blanche D'mello, Assistant Editor



"This Crunchy, creamy, spicy noodle salad ticks all the boxes for a healthy lunch"

Gill Fairclough, Sales Director

BBC goodfood Middle East

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COMPETITIONS

132 GIFT VOUCHERS, MEALS AND PLENTY MORE.

Our recipe descriptions

V Suitable for vegetarians.

You can freeze it.

Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre** Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

Your Say

We love hearing from you!

star letter



I recently had the pleasure of reading the January 2024 issue. The content was not only informative but also inspiring, setting a positive tone for the new year. I'm certain not the only one keen on embracing a unique lifestyle, especially when it comes to food, as we step into the new year. That is why your cover immediately grabbed my attention, I initially thought it featured a tea cake. Intrigued, I purchased the magazine, only to discover it showcased spinach and beetroot instead! So I tried it at home, and all I can say is it not only appeals to the taste buds but also to the eyes, making it a standout dish for various occasions. I look forward to preparing it again and sharing it with friends and family. I will definitely add it to my dish for any occasion, offering something new for everyone. Next time, I will try the Coffee & Irish cream semifreddo wreath. I love how you provide us with new recipe ideas, especially for me as I love baking! I am now always checking your website for more ideas and eagerly looking forward to your latest magazine..

Sheh Riv



I enjoy the variety of topics covered in this month's issue. From the latest trends to in-depth interviews with influential figures, there is something for everyone to enjoy. I also appreciate the high-quality photography and layout design, which really brings the content to life. Overall, it's a great mix of informative and entertaining articles that make for an enjoyable read.

Bilal Ahmed



As someone who is a college student and was stressed over her mid-term exams in January, the *BBC Good Food Middle East* magazine helped me prepare easy nutritious meals in just 30 minutes. Most times I tend to forget about my nutrition and order out, to avoid the hassle of cooking during exam season. But the Ready in 30 section has been a game-changer - it had a selection of fantastic recipes that would keep me energized throughout the day. My personal favorite was the Thai Curry Noodle Soup. Thank you, *BBC Good Food Middle East*, for helping me save time with these great recipes.

Reshma Mary



WIN!

EXPERIENCE L'AMOUR AT SOFITEL DUBAI DOWNTOWN, WORTH OVER AED1,200

Experience a romantic evening at 'Star Gaze,' where French elegance meets celestial charm against the iconic Burj Khalifa backdrop on the 30th floor of Sofitel Dubai Downtown. Enjoy a curated 4-course French menu, each dish a masterpiece showcasing the essence of French culinary art. Start with options like Quiche Lorraine or Pan bagna, savour mains such as Hachis parmentier or Coq au spazle, and end with indulgent desserts like Baba au rhum or Chocolate mousse. Cheese enthusiasts can opt for Du fromage, a selection of artisan cheese paired with accompaniments, completing the unforgettable dining experience.

To send in your Star Letter and win this prize, visit the Competitions page on **bbcgoodfoodme.com**

TALK TO US!

Email us on ***feedback@bbcgoodfoodme.com***
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: ***@bbcgoodfoodme***

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

Akira Back

VALENTINE´S DAY

CELEBRATE WITH BREATHTAKING DUBAI SKYLINE VIEWS
AT AKIRA BACK'S TERRACE FOR AED 2,500 PER COUPLE.

ENJOY A CURATED SET MENU OF AKIRA BACK CLASSICS, INCLUDING
A BOTTLE OF CHAMPAGNE OR ROSE WINE ON FEBRUARY 14TH.

LIMITED TO 10 SEATS

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





REFRESHING SIP



Love dragon fruit? Rubicon unveiled its latest innovation – Rubicon Dragon Fruit Juice. Primarily launching in the GCC region, this vibrant beverage embraces a commitment to natural goodness, featuring no added sugar, sweeteners, preservatives, or artificial colours. This gluten-free and vegan-friendly elixir caters to a diverse consumer base, promising versatility in consumption. With its naturally radiant purple hue and distinctive taste, the beverage lends itself seamlessly to the creation of mocktails and smoothies, appealing to a wide spectrum of palates. Every sip unveils a refreshing exotic flavour, marrying subtle sweetness with a delightful berry-like zest.

Available at Lulu Hypermarkets.

THIS MONTH WE LOVE...

Enhance your barbecue game with the relaunch of G.O.A.T's BBQ Winter Box! This go-to indie burger spot is now offering its signature delights for an epic cookout experience, ensuring you can enjoy its iconic bites wherever your grilling adventures take you. The box showcases premium Wagyu beef patties, fluffy brioche buns, American cheddar cheese, crisp lettuce, zesty pickles, crunchy onions, and jalapenos for an extra kick. Elevate your patty with a choice of three legendary sauces – Flamin' Hot Big Mac, truffle aioli, and the renowned G.O.A.T sauce.

Available at AED240 for 8 people, AED390 for 16 people, and AED480 for 24 people. Same-day delivery or pick up at G.O.A.T D3. Contact +97152 498 4798 or order via chatfood.io

Photographs SUPPLIED



UNVEILING 'C2'

City Walk is now home to its latest enhancement, C2 – an all-new licensed dining district spanning an impressive 25,000 square feet. Boasting a seamless fusion of diverse cuisines coupled with an air of casual elegance, C2 stands as a culinary gem nestled in the heart of City Walk. This charming enclave for food enthusiasts encompasses 11 distinctive restaurants, each offering a cosy indoor ambience with inviting alfresco dining spaces set amidst three meticulously landscaped courtyards. Explore restaurants such as L'Antica Pizzeria Da Michele featuring iconic pizza from Napoli, showcasing a 150-year-old tradition of Italian culinary excellence alongside delights from Azerbaijan, Greece, New Orleans, and Italy. Beloved local gems include Mythos Urban Greek Eatery and Nola Bijou Bistro & Bar, alongside exciting newcomers such as the dazzling Primi Cucina Italiana.

Visit citywalk.ae/en/c2

NEW SPOT ON THE BLOCK



Founded by Artur Shusteriovas and Gleb Golubev, PIMS embarked on a two-year journey, crafting a legendary formula that transcends typical refreshments. Look forward to unique tea-based beverages celebrated for their use of 100% natural ingredients, upscale packaging, and a vibrant community among creatives, enhancing the tea experience through a blend of traditional Chinese teas, authentic fruits, natural milk, and delightful flavour combinations. Don't miss its flagship outlet at The Dubai Mall!

Go Eggless



Mister Baker, the renowned dessert brand with a three-decade legacy, is adding a touch of sweetness to celebrations with its latest offering—the exquisite Eggless Cakes menu! Tailored for vegetarians, this menu introduces a delectable array of treats, including the heavenly Chocolate truffle cake, the indulgent Ferrero Rocher cake, and the timeless Black forest cake, amongst other delights.

From AED99, visit misterbaker.com

WHOLESOME SNACKING



Recognising the importance of wholesome snacks that prioritise both taste and health, Bumblebee Food has introduced its latest line of dry snacks tailored for toddlers. From Cheesy Crackers to Breadsticks, Cookies, and Berry Rolls, these snacks exemplify the art of balancing flavours, textures, and nutrition in every bite. Crafted under the guidance of certified chefs and child nutritionists, these snacks are devoid of salt, sugar, and preservatives, ensuring a healthy snacking experience for kids.

Visit bumblebeefood.com

Flavours of the *month*

What's hot and happening around town this month

ÒAK

ÒAK stands out with its Asian-inspired woodfire concept, offering authentic yet modern cuisine in a captivating ambience. The menu revolves around the use of Bincho-tan charcoal, offering delectable Southeast Asian dishes prepared on a custom charcoal and woodfire grill. ÒAK blends the energy of fire with the calming attributes of water, creating a unique dining and lounge experience. The menu features a fusion of Asian-inspired and woodfired aromas, predominantly drawing from Japanese influences with glimpses of Korean, Thai, and Chinese elements. From Asian tapas to a diverse selection of skewers, seafood, burgers, and desserts, opt for signature dishes like Grilled beef short rib and Woodfire roasted cauliflower.

Contact +97154 794 4441.



BCH:CLB

BCH:CLB, situated at W Dubai - The Palm, has officially opened its doors. The beach club redefines the experience with an innovative fusion of art, entertainment, global music, and distinctive Mediterranean flavours. Overlooking the sparkling Gulf, the expansive deck hosts live performances, offering guests a seamless transition from relaxed sundowners to vibrant beats as day turns to night. Indulging in refreshing beverages and Mediterranean dishes inspired by coastal landscapes, guests are invited to savour an array of raw delicacies and hot and cold dishes.

Contact +9714 834 3803.

Photographs SUPPLIED

ÒAK



KAI ENZO

Kai Enzo, Chef Izu's Japanese Mediterranean rooftop restaurant at the Hyatt Centric Jumeirah in La Mer, is now open for weekend lunches. Tuck into delights such as Apple and daikon salad with maple soy, Wagyu katsu sando, Lobster rolls with caviar, and an array of sushi, sashimi, and charcoal-grilled dishes. Save room for enticing desserts such as cherry blossom panna cotta and Kai Enzo's classic Japanese cheesecake.

Contact +97150 959 1275.



BEEFBAR

Beefbar, known for its distinctive international cuisine, presents the fresh BB Brunch (Beefbar Bossanova Brunch), offering a varied menu with signature dishes in a welcoming atmosphere where the focus is on food. Indulge in innovative appetisers like Rock corn and KFC with Kobe beef tallow, along with enticing mains such as Steak frites and Black cod during this weekend brunch.

Saturday, from 12:30-3:30pm. From AED350 per person.
Call +9714 423 2238.



AROUND THE BLOCK

Around The Block reopens in Jumeirah's Wasl 51 with a new Japanese concept, TŌRI, following its popularity since 2019 for diverse culinary offerings, including hearty breakfasts, international lunches, and dinners, coupled with a dedication to exceptional specialty coffee. Highlights include Turkish Eggs, Hot Ricotta Pancakes, Salmon Carpaccio, A5 Wagyu Roll, Spicy Beef Ramen, and a dedicated Ramen Bar, ensuring a diverse dining experience.

Call +9714 342 8000.



THE BARNYARD

Nestled in Dubai Hills, The Barnyard creates a harmonious haven with a menu emphasising "farm-to-table," "organic," and "nutrient-rich" concepts. From creamy chia pudding to succulent seafood, each dish showcases culinary excellence and premium ingredients. Beyond the kitchen, The Barnyard extends its well-being commitment to Dubai Hills, a hub of sustainability. With a zen library, activities for young visitors, and stunning outdoor views, it offers a holistic experience, redefining well-being. From carefully sourced coffee to tantalising toasties and exquisite desserts, every element contributes to a healthier, happier lifestyle.

Instagram (@thebarnyarduae).

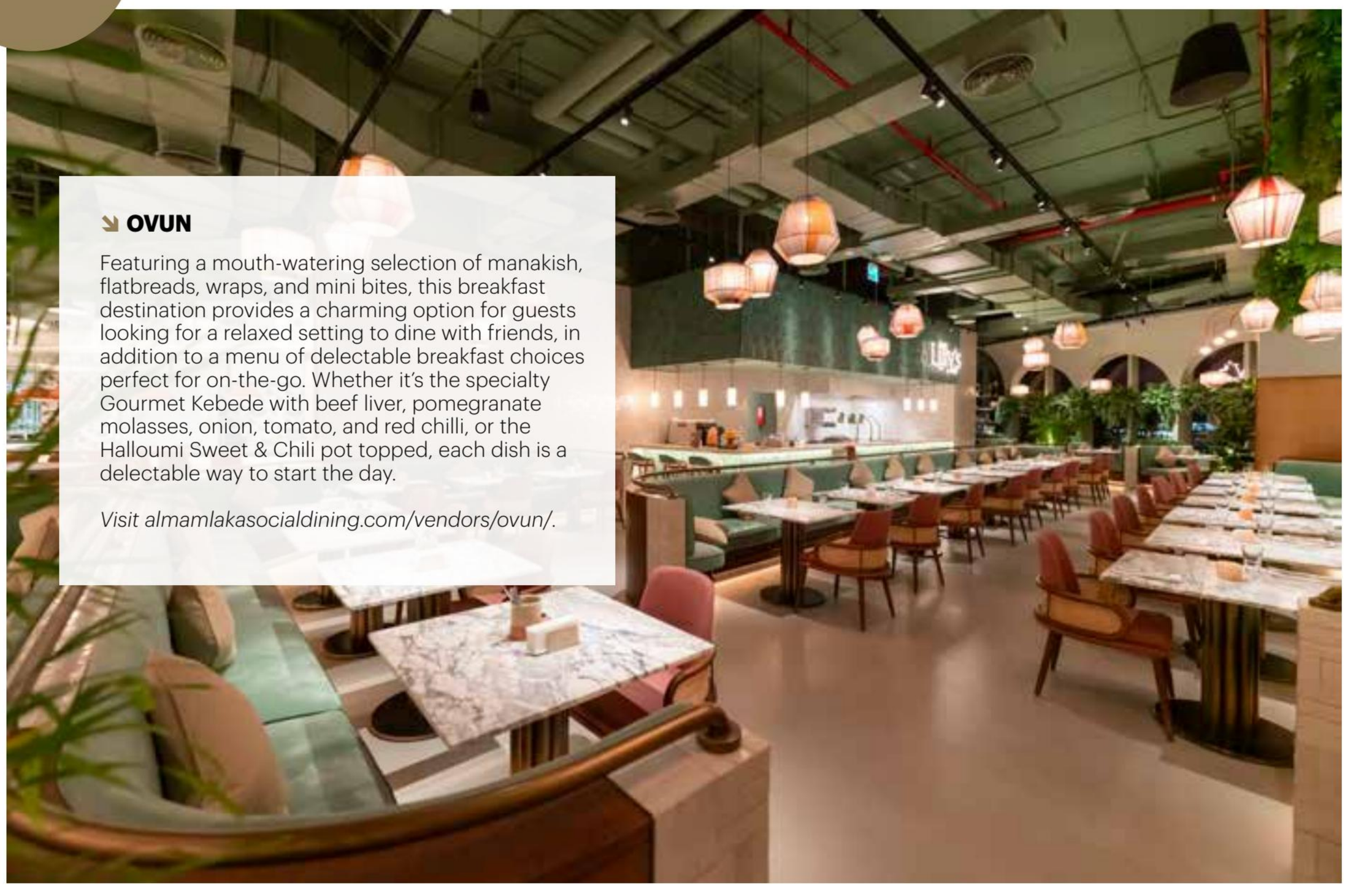


ZUMA DOHA

Zuma introduces its renowned Baikingu Brunch to Doha, following its success in Dubai and Abu Dhabi. The brunch features an extensive selection of dishes from Zuma's tasting menu, offering bold and intense flavours with a sophisticated twist on the izakaya style of informal eating. Guests are greeted with welcome drinks and fresh oysters, followed by a variety of cold starters, live salad and sushi stations, and hot starters served to the table. The brunch includes miso soup, steamed soybeans, shrimp tempura, crispy fried squid, and chicken tempura upon request, along with robata dishes and main courses served to the table. The culinary journey concludes with a tempting assortment of desserts.

Friday, from 12:30-4:30pm. From QAR400 per person. Visit zumarestaurant.com.

GCC



OVUN

Featuring a mouth-watering selection of manakish, flatbreads, wraps, and mini bites, this breakfast destination provides a charming option for guests looking for a relaxed setting to dine with friends, in addition to a menu of delectable breakfast choices perfect for on-the-go. Whether it's the specialty Gourmet Kebede with beef liver, pomegranate molasses, onion, tomato, and red chilli, or the Halloumi Sweet & Chili pot topped, each dish is a delectable way to start the day.

Visit almamlakasocialdining.com/vendors/ovun/.



ALL EYES ON THE FINALE

A peek into the Elle & Vire Professionnel Cream Cheese Competition in the GCC

The leading French manufacturer of creams and butter, Elle & Vire Professionnel, introduced the inaugural Elle & Vire Professionnel Cream Cheese Competition in 2023, to highlight its professional cream cheese range across the GCC market.
The primary goal of this initiative was to actively engage chefs in promoting the varied applications of the range, particularly focusing on nurturing talented young chefs. With its extensive presence in the Middle East, Elle & Vire Professionnel stands out as a major brand offering an extensive array of cream cheese products tailored for professionals.

The competition comprised three rounds held in the UAE, Kuwait, and KSA, featuring top chefs from renowned hotels, restaurant chains, and bakeries. The first round was held at the Salon du Chocolat in Dubai, UAE, featuring a trio of judges. Indeed, the brand's ambassador chef Karim Bourgi was joined by chef Bernard Charles and chef Paul Hayward. Kuwait hosted the second round, which was judged by Elle & Vire Professionnel ambassador chef Ali Dashti, in addition to chef Ziad Hilal and chef Benjamin de Closets. The third round in Riyadh, judged by Elle & Vire Professionnel ambassador chef Farah Hamdane and chefs Charles Azar and Bernard Charles, occurred at the Salon du Chocolat.

THE CHALLENGE

The Elle & Vire Professionnel Cream Cheese Competition in the GCC took place in collaboration with the International Center for Culinary Arts (ICCA, Dubai) on January 26, 2024. The finalists underwent evaluation by a distinguished panel consisting of the brand's renowned ambassadors: chef Karim Bourgi, chef Francois Daubinet, and chef Sergio Freitas from ICCA.

Masterfully crafted challenges for both tests to ensure that the finalists demonstrated creativity, technical skills, and originality in their two culinary creations. The initial challenge centred around a signature cheesecake, where participants utilised Elle & Vire Professionnel American Cream Cheese.
For the second challenge - a plated cheesecake dessert with specific ingredients stipulated by chef Francois Daubinet - finalists had to include Elle & Vire Professional Soft Style Cream Cheese in their dessert.

Six winners from KSA, Kuwait, and the UAE competed for the grand prize and the coveted title of the best chef. Following a party at the Bastion Restaurant, Jumeirah Beach Hotel, three winners were announced. Kimberly Valeroso from Lafayette Gourmet secured the first prize of USD5,000, Artur Sviatnenko from Zo Bakery claimed the second prize of USD3,500, and Norman Mawili from LPM Riyadh received the third prize of USD1,500.





Brand Ambassadors Chef François Daubinet et Chef Karim Bourgi ; and Chef Sergio Freitas.



Brand Ambassador Chef Karim Bourgi and Kimberly Valeroso

For more information, visit www.elle-et-vire.com/pro/en and Instagram (@elleetvirepro_arabia)

Tried & tasted

Our top dining experiences this month







SOUL KITCHEN

Soul Kitchen unfolds as a unique fusion of Latin American and Levantine flavours, inviting patrons on an engaging, artistic journey that celebrates regional alternative culture. Dedicated to embodying the essence of migration, the restaurant mirrors the experiences of Lebanese creatives finding refuge, echoing historical migration patterns from Levantine communities to South America in the 19th century.

The dining venue's interiors serve as an artistic gateway, narrating a compelling story through art installations, with the venue hosting semi-permanent exhibitions by renowned artists like Iwan Maktabi, subtly reflecting the rich history of migration. Don't miss the Migrating Birds behind the bar and the delicate Feathers of Migrating Birds in the green room which narrates the enduring journey of Levantine people.

The highlights

Soul Kitchen pays homage to the Arab diaspora in Latin America, tracing the migration since the 19th century and the culinary transformation as Levantine cuisine adapted to local ingredients across the continent. Upon entering, the lively atmosphere energised by cultural tunes, sets the stage for an immersive experience.

We first tucked into the sublime Corn salad, featuring local charred corn, pomegranate seeds, crispy corn, pickled onion, and guasacaca dressing. The Eggplant 3 ways showcased a beautifully presented dish, highlighting the vegetable's versatility with fried slices, mutabbal, and chips.

The Hummus chimichurri presented a distinctive blend, incorporating green chickpeas, tahini, lemon, garlic, chimichurri, pine nuts, and bread crisps, while the Crispy shawarma empanadas showcased a creative fusion with a chicken shawarma filling, guasacaca sauce, and mango pico de gallo.

The Soul Kitchen mixed grill impressively showcased culinary excellence, notably the marbled perfection of Wagyu picanha alongside Wagyu kafta, creating a flavourful contrast with well-seasoned marinated chicken and perfectly grilled lamb chops.

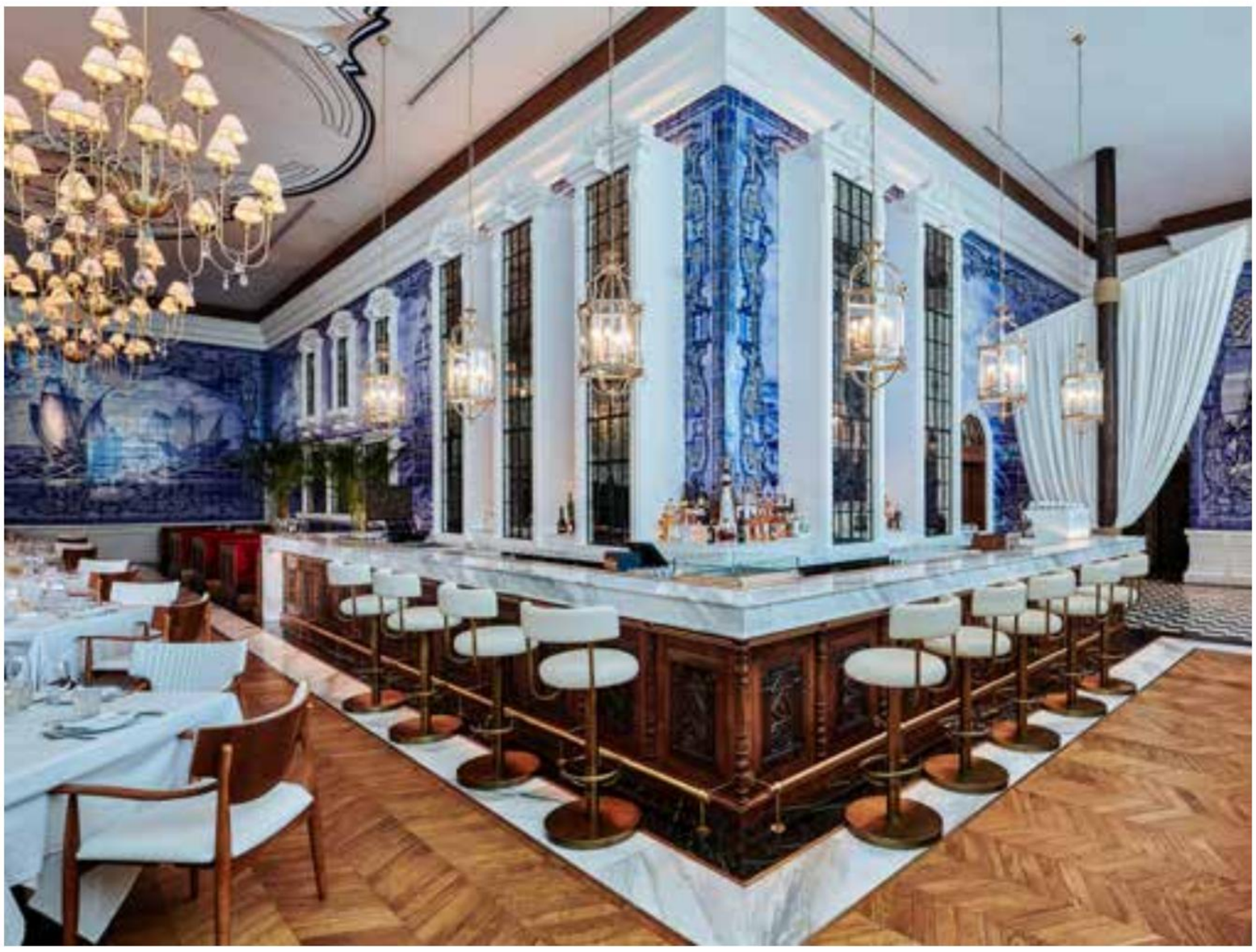
Dessert proved to be a sweet conclusion with the layered Chocolate & coffee tres leches stealing the spotlight. The combination of chocolate cake, coffee-infused condensed milk, chocolate milk, and mocha ganache provided a decadent finale to our culinary journey. One of our favourites of the year!

Book now
Contact +9714 836 0900 or visit soulkitchendxb.com.

LA NIÑA

La Niña delivers an exceptional dining experience within opulent interiors inspired by Latin America, Spain, and Portugal. Strolling along a softly lit corridor, enthralled by its intriguing atmosphere, we were led to our indoor table, all the while mesmerised by the lush and breathtaking interiors.

Displaying a symphony of blues and reds, the stunning interiors evoked the enigma of the sea. The meticulously crafted dining room boasts centuries-old Portuguese azulejo tiles, intricate fabrics, and lavish furniture. Echoing the allure of the dining space, the lively bar area offers a curated haven for diners to savour handcrafted concoctions and house spirits, all designed with a focus on seating comfort.









The highlights

La Niña presents an innovative fusion of modern Iberian Latino cuisine, expertly blending the essence of traditional Iberian tastes with vibrant Latino flavours, crafting a culinary journey that pays homage to its rich heritage. The menu's audacious and creative taste combinations mirror the restaurant's commitment to celebrating both its storied past and cherished culinary traditions.

Commencing with the starters, the signature Gambas al ajillo features succulent tiger prawns bathed in guajillo oil and romero peppers, creating a harmonious dance of tastes. The Canelón presents a masterful combination of braised beef short rib, idiazabal cheese, and bodega cream sauce, delivering a comforting experience, while the Albondigas showcases Wagyu beef meatballs adorned with Cotija cheese, avocado, and veal jus, offering a curated and richly diverse flavour combination.

For mains, the Solomillo al josper elevates the dining experience with a perfectly grilled beef tenderloin accompanied by creamed kale, romesco, potato terrine, salsa verde, and jus, each element contributing to a symphony of tastes. The Barbacoa de borrego, a succulent lamb dish infused with orange and Cotija cheese, exudes a smoky aroma, accompanied by Papas fritas con trufa, or truffle fries, for an indulgent side.

Concluding the culinary journey on a sweet note, the Volcán de chocolate emerges with layers of rich chocolate including Tainori chocolate fondant, hazelnut, sour cream ice cream, abuelita chocolate cream, and a crunchy crumble at the bottom.

Book now
Contact +9714 395 1300 or visit laninarestaurant.com.

Learn something new

Bring some sunshine into your kitchen using citrus and try Indonesian-spiced roast chicken

Test kitchen secrets

Helena Busiakiewicz, our food content creator, on clever ways with zesty fruits

Citrus fruits have so many uses in the kitchen. They're excellent at curing fish in dishes such as ceviche – as the fish sits in the citrussy marinade, its proteins change, making it opaque and firm (though technically still raw). This texture is what makes ceviche so delicious. Just be careful that you don't leave it to marinate for too long (up to 1½ hours for salmon), as it takes the texture from firm and juicy to stringy and unpleasant.

The magic of lots of citrus fruits is in the peel. Using both the zest and juice not only means the flavour of the fruit shines, but also nothing gets wasted. A nice trick for mocktails is twist a strip of orange, lemon or lime peel over the drink, then rub it around the rim of the glass. The twisting helps release all the oils in the peel, enhancing the citrussy flavour as you sip.

If you have leftover squeezed lemons, you can try making preserved lemons. Rub the squeezed lemons with plenty of sea salt, then layer them in a sterilised jar, sprinkling more salt between the layers as you go. Leave for a month, turning once a week, and you will be rewarded with jammy, sour lemons, perfect for using in Middle Eastern-inspired dishes.

#socialskills

Our tip of the month from the online world

Upside-down puff pastry tarts

The trend started with upside-down tomato tarts, then onion, then went on to desserts. We're talking about clever upside-down individual tarts, a bit like mini tartes tatin, where you drizzle something like oil or honey over baking parchment, top with veg or fruit, drape over puff pastry, then bake, flip over and serve. Dominic Franks (*@dominthekitchen*) has a whole series dedicated to upside-down cooking. Check out *@bbcgoodfood* on TikTok for a toffee apple version.

Do you really need... a garlic crusher?

We're going all out here and saying you don't need or want a garlic crusher. They are a hard to clean, messy, superfluous piece of kitchen kit. If you want crushed garlic, there are better ways to do it. Use a mortar and pestle or invest in a fine grater, which makes easy work of grating garlic, ginger and chillies, or just do what chefs do and lay the blade of a large knife on the clove, along with some salt, and press down hard with the heel of your hand to crush.



Photographs IMAGEPROFESSIONALSGMBH/FOODCOLLECTION, DEBBI SMIRNOFF/E+/GETTY, ISTOCK / GETTY IMAGES PLUS

WASTE LESS
Freeze for flavour

There are lots of things we throw away that can be frozen to add flavour to other dishes – here are some of our favourites



Herb stalks

Freeze and keep to add to other dishes like risottos, soups and stews, or throw them on the coals when barbecue season comes around to create flavoured smoke.



Squeezed citrus halves and zest

If you've halved and juiced a citrus fruit but haven't used the zest, the halves can be frozen and the zest can be finely grated straight from frozen.

Chicken bones

Whether raw or roasted, freeze bones to make stock or broth at a later date.



Vegetable scraps

Carrot peelings, onion skins, leek ends and mushroom stalks can all be frozen and added to stocks and gravies (no need to defrost first).



Prawn shells

Whether cooked or raw, prawn shells boiled up in a bit of wine or water make a great base for a seafood risotto or fish stew.



Never-ending gravy

If you've got leftover gravy, simply freeze it, then add to the next batch you make to give it even more flavour. As long as the old gravy is boiled well into the new batch, any leftover new batch will again be safe to freeze. You can do this with chicken broth, too.



How to roast chicken like Rahel Stephanie

The founder of Indonesian supper club Spoons goes back to her roots with her favourite roast



I start with a good-quality whole chicken, about 2kg. My top tip is to marinate it first. I absolutely love using a blended spice paste of oil, garlic, shallots, chillies and maybe turmeric and ginger (or 'bumbu' in Indonesian, which is the very foundation of most of our dishes), lift the skin using your fingers and spread the marinade all over the chicken. Alternatively, do something simpler, like olive oil, grated garlic, lemon juice, and your choice of herbs and spices. Marinating it not only infuses the chicken with delicious flavours, but also helps tenderise the meat.

You can customise your marinade with ingredients like soy sauce, balsamic vinegar, honey or mustard. I roast my chicken at 180C/160C fan/gas 4, with the rack in the centre of the oven. Return to room temperature, put it in a roasting tin and roast breast-side up for about 1 hour 20 minutes. A meat thermometer is your best friend – you should be aiming for an internal temperature of 74C.

While the chicken roasts, I like to prepare a relish on the side, like an easy spicy tomato sambal. For me, no meal is complete without sambal. Let the chicken rest for about 15-20 minutes before carving and serving. *@eatwithsp0ons*

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easy

Delicious, simple, and easy-to-make recipes



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midweek meals

COOK SMART

meal plan for 4

Feed the family using fresh ingredients with minimum waste to save you money

recipes HELENA BUSIAKIEWICZ *photographs* KIM LIGHTBODY



Sausage & soy fried rice



Calming green soup

Sausage & soy fried rice

Try a speedy veg-packed fakeaway. We've gone for courgettes and peas here, but use whatever you have.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

1 tbsp vegetable oil
4 spring onions, finely sliced
½-1 red chilli, finely chopped
3 garlic cloves, finely grated
10g ginger, peeled and finely grated
3 sausages, chopped into bite-sized pieces (reserve 3 from a 6-pack to use in the minestrone on page 30)
2 courgettes, sliced into half-moons
200g frozen peas
750g cooked jasmine rice (either from leftovers or pouches)
2 tbsp low-sodium soy sauce
1 tsp sesame oil
10g coriander, chopped (keep any leftover from the pack for the chicken traybake and tofu noodles)
1 tbsp black sesame seeds (optional)

1 Heat the vegetable oil in a large frying pan over a medium-high heat. Cook the spring onions, chilli, garlic and ginger for 3-4 mins, until fragrant and starting to turn golden.
2 Add the sausage pieces and cook for 5-6 mins, until browned at the edges. Mix in the courgettes and cook for another 7-8 mins, stirring often, until softened and the sausages are cooked through.
3 Stir in the peas, rice, soy sauce and sesame oil. Cook for 5 mins more, until everything is piping hot. Sprinkle over the coriander and sesame seeds, if using, and serve.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day
PER SERVING 491 kcals • fat 12g • saturates 3g • carbs 78g • sugars 6g • fibre 5g • protein 15g • salt 1.2g

Calming green soup

This soup is great reheated for lunch if you have any leftovers.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** V

1½ tbsp vegetable oil
2 red onions, chopped
2 garlic cloves, finely grated
2 tsp cumin seeds
2 courgettes, roughly chopped
1 large potato, around 300g, peeled and roughly chopped
1.3 litres vegetable stock, made with a low-salt stock cube
250g frozen peas
400g baby spinach
20g mint, roughly chopped, a few leaves left whole (to serve)
150ml pot low-fat natural yogurt, to serve

1 Heat the oil in a large, deep pan and cook the onions with a large pinch of salt for 10-12 mins until softened but not golden. Add the garlic, cumin seeds, courgettes and potatoes and cook for 5-6 mins, stirring often, until softened. Cover with the stock and season well.
2 Bring to the boil, reduce to a simmer and bubble for 15-20 mins, or until the potatoes are very soft.
3 Pour in the peas and wilt in the spinach in handfuls. Sprinkle in the chopped mint and cook for 3 mins more, then blend in a high-powered blender or using a hand blender. Season, then divide between four bowls and top with the yogurt, remaining whole mint leaves and a grinding of black pepper.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 281 kcals • fat 7g • saturates 1g • carbs 31g • sugars 15g • fibre 10g • protein 13g • salt 1g

Sticky lemon chicken traybake

Made all in one tray, this recipe will save you time and washing up.

SERVES 4 **PREP** 10 min
COOK 50 min **EASY**

2 potatoes, about 600g, chopped
1 red onion, sliced
300g pak choi, cut into quarters
1 tsp vegetable oil
4 skin-on and bone-in chicken thighs
2 tbsp honey
1 lemon, juiced and zested
1 tbsp fish sauce
10g ginger, grated
1 red chilli, thinly sliced
10g coriander, roughly chopped
2 spring onions, sliced
jasmine rice, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the potatoes, red onion and pak choi in a large roasting tray, drizzle with the oil and season. Nestle the chicken thighs on top.
2 Mix the honey with the lemon juice and zest, fish sauce and ginger, then spoon over the chicken. Cover with foil and bake for 30 mins.
3 After 30 mins, remove the foil and increase the heat to 220C/200C fan/gas 8. Roast for 20 mins more, until the chicken is cooked through.
4 Serve sprinkled with the chilli, coriander and spring onions, alongside jasmine rice, if you like.

GOOD TO KNOW low cal • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 409 kcals • fat 14g • saturates 4g • carbs 41g • sugars 14g • fibre 5g • protein 26g • salt 1.4g

gf tip
If serving with rice, cook an extra 250g (dried weight) to use in the sausage and soy fried rice recipe (left).

Shoot director FREDDIE STEWART | Food stylist TROY WILLIS | Stylist FAYE WEARS

Sausage & kale minestrone

Use whatever small pasta shape is your favourite for this comforting bowl of soup and amend the cooking time according to pack instructions (or snap larger pasta into smaller pieces).

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

1 tbsp vegetable oil
1 red onion, finely chopped
3 sausages, skins removed
2 garlic cloves, finely grated
½-1 red chilli, depending on how much heat you prefer, sliced
½ large head of broccoli, finely chopped
2 courgettes, sliced into half-moons
200g small pasta, we used ditalini
1.5 litres chicken stock, made with low-salt chicken stock cube
200g curly kale or cavolo nero, stalks removed, roughly chopped
1 lemon, zested and juiced
20g parmesan, shaved

1 Heat the oil over a medium heat in a large, deep pot that has a lid. Cook the onion for 10 mins, until softened and golden at the edges.
2 Crumble in the sausages, breaking them into bite-sized pieces using a spoon. Cook for 7-8 mins, until golden and crisp. Stir in the garlic and chilli.
3 Add the broccoli and courgettes. Cook for 10-12 mins, until soft, then pour in the pasta and chicken stock. Stir to combine, then bring to a boil. Reduce to a simmer, put the lid on and cook for 8-10 mins, until the pasta is almost cooked.
4 Wilt in the kale or cavolo nero in batches and cook for a further 2-3 mins, until the kale is cooked and the pasta is al dente. Squeeze in the lemon juice and season well. Divide between four bowls and sprinkle over the lemon zest and parmesan shavings to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 408 kcals • fat 15g • saturates 5g • carbs 45g • sugars 7g • fibre 10g • protein 18g • salt 1g

Noodles with crispy tofu

This spicy, vibrant dish is sure to be a weeknight favourite.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY** V

300g firm tofu, patted dry then sliced into 2cm cubes
2 tbsp cornflour
250g medium egg noodles
1 tbsp vegetable oil
2 spring onions, sliced
½-1 red chilli, finely chopped
15g ginger, finely grated
3 garlic cloves, finely grated
1½ tsp Chinese five-spice
½ large head of broccoli, finely chopped
2 red peppers, sliced
200g frozen peas
2 tbsp light soy sauce
1 tbsp crispy chilli oil, plus extra to serve (optional)
10g coriander, chopped
1 lime, juiced

1 Heat the oven or air-fryer to 220C/200C fan/gas 7. Toss the tofu and cornflour together in a large bowl and season. Tip onto a lined baking tray and spread out to an even layer (or do this in the basket of your air-fryer) and cook for 15-20 mins, until crisp and golden.

2 Meanwhile, cook the noodles following pack instructions, then rinse well in cold water so they don't clump together.

3 While the noodles are cooking, add the oil to a large frying pan over high heat. Once shimmering, stir-fry the spring onions, chilli, ginger and garlic for 2-3mins. Sprinkle in the Chinese five-spice and stir to combine, then add the broccoli, peppers and peas.

4 Cook for 10-12 mins, stirring regularly, until softened and charring at the edges. Stir in the cooked noodles, soy sauce, chilli oil, coriander and half the lime juice, tossing to combine (it's easier to use two wooden spoons). Toss the crispy tofu with the other half of the lime juice. Divide the noodles between four bowls and top with the crispy tofu. Serve with extra crispy chilli oil, if you like.

GOOD TO KNOW calcium • folate • vit c • iron • 2 of 5-a-day
PER SERVING 500 kcals • fat 13g • saturates 2g • carbs 64g • sugars 10g • fibre 13g • protein 26g • salt 1.7g





Sustainable swaps

Swap rice for a more eco-friendly grain in this twist on mushroom risotto

recipe AILSA BURT ***photograph*** YUKI SUGIURA

Rice is a staple for over half the world's population, but rising global temperatures and sea levels, along with changes in seasonal rain patterns, are all threatening rice farming. There are other sustainability problems, too. Conventionally grown, it requires a vast amount of water to produce, and paddy fields can also contribute to greenhouse gas emissions, as the microbes found in the flooded paddies produce methane. Growing rice also takes up space, which can have negative effects for wildlife habitats and deforestation. There are big companies and small producers who are trying to make rice production more sustainable by planting different varieties, using precision irrigation and allowing the fields to dry out during the growing season so the microbes cannot feed. You can find rice producers who practice this method and also try out some different grains. Naked or black barley, rye and quinoa are excellent choices.

Mushroom barley 'risotto'

Using pearl barley instead of rice to make risotto is ideal if you don't fancy standing over the pan constantly stirring as it cooks – you'll have great texture without the effort, plus it takes on lots of flavour. Mushrooms provide deep umami savouriness making them a great alternative to meat.

SERVES 4 **PREP** 20 mins
COOK 1 hr 30 mins **EASY** V

20g dried porcini mushrooms
3 tbsp flavourless oil, such as sunflower or vegetable
300g chestnut mushrooms, sliced
1 large onion, finely chopped
4 garlic cloves, crushed
4 thyme sprigs
2 tbsp butter
250g pearl barley
120ml white wine
800ml vegetable or beef stock
3 tbsp crème fraîche
40g parmesan or vegetarian alternative, finely grated
½ lemon, juiced

1 Put the dried mushrooms in a heatproof bowl, cover with 500ml boiled water and set aside to soak. Heat 2 tbsp oil in a large, wide pan over a high heat and cook the chestnut mushrooms until deeply browned, about 10 mins. Transfer to a bowl and set aside. Turn the heat down to medium and pour the rest of the oil into the pan, then stir in the onion with a pinch of salt. Cook for 6-8 mins until the onion is softened but not coloured.
2 Mix in the garlic and thyme, and cook for 2 mins more until fragrant. Turn the heat up to medium-high and tip in the butter and pearl barley. Stir to coat the barley in the butter, then pour in the wine. Let it bubble for a minute, and once it has almost evaporated, pour in the rehydrated porcini along with most of their soaking liquid. (Leave the last 50-100ml behind, as this will contain grit.) Pour in the stock and bring to a simmer. Cook, stirring occasionally, for 1 hr until the pearl barley is tender with a little bite.
3 Stir through the fried chestnut mushrooms, crème fraîche and most of the cheese. Season well with salt, pepper and lemon juice. Remove and discard the thyme sprigs, and serve with the remaining cheese scattered over the top.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 543 kcals • fat 24g • saturates 10g • carbs 57g • sugars 6g • fibre 4g • protein 17g • salt 0.6g

Shoot director LAURIE NEWMAN | Food stylist BENJAMINA EBUEHI | Stylist FAYE WEARS

COOK SMART

Quick & clever soups

Beat the chill with recipes that don't need a lot of prep and use vegetables that might otherwise go to waste

recipes AILSA BURT ***photographs*** TOM REGESTER

Thai-inspired coconut chicken soup

Cauliflower & broccoli soup with seedy crumble

Roasted vegetable soup with halloumi 'croutons'

easy

Cauliflower & broccoli soup with seedy crumble

You can use frozen cauliflower and broccoli for this recipe if you like. The cheesy, seedy crumble is a must-try – it takes this soup to the next level.

SERVES 6-8 **PREP** 20 mins
COOK 25 mins **EASY** **V**

1 cauliflower (about 700g)
1 broccoli (about 450g)
2 tbsp vegetable or other flavourless oil
1 large onion, finely chopped
2 celery sticks, finely chopped
2 carrots, finely chopped
3 large garlic cloves, finely chopped
2 tsp ground cumin
1 tsp ground coriander
1 litre vegetable stock
For the crumble
2 tsp vegetable or other flavourless oil
50g fresh or dried breadcrumbs
25g mixed seeds
pinch of chilli flakes
25g parmesan or vegetarian alternative, finely grated

1 Remove any wilted or brown leaves from the cauliflower. Cut the cauliflower and broccoli into bite-size florets, then finely chop the stalks and remaining leaves. Heat the oil in a large, deep saucepan over a medium heat and cook all the stalks and leaves, the onion, celery, carrot and garlic, partially covered with a lid, for 10 mins until everything is slightly softened. Remove the lid and stir in the spices and stock. Bring to a simmer, cook for 5 mins, then stir in the cauliflower and broccoli florets. Continue cooking, covered, for 10 mins more until everything is tender. Remove from the heat and blitz using a hand blender until thick and creamy. Season to taste.
2 Meanwhile, for the crumble, heat the oil in a small pan over a medium heat and toast the breadcrumbs, seeds and chilli flakes for 4-5 mins until golden and fragrant. Remove from the heat, season and stir in the cheese. Sprinkle the crumble over the soup to serve.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING (8) 161 kcals • fat 8g • saturates 1g • carbs 12g • sugars 7g • fibre 6g • protein 7g • salt 0.5g

Thai-inspired coconut chicken soup

This warming, creamy soup is made with chicken and mushrooms, but you can swap the meat for prawns or squash.

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

1 tbsp vegetable or other flavourless oil
2 banana shallots, finely chopped
1 lemongrass stalk, bashed
2 garlic cloves, crushed
5g galangal, peeled and sliced, or 2 tsp galangal paste
1-2 Thai chillies (or to taste, depending how spicy you like it), finely sliced
10g coriander, leaves picked and stalks finely chopped
1 tbsp Thai red curry paste
400ml can coconut milk
400ml chicken stock
2 chicken breasts, cut into bite-size pieces
2 lime leaves (fresh or dried)
300g white mushrooms, sliced
1"½ tbsp fish sauce
2 tsp golden caster sugar
1 lime, juiced

1 Heat the oil in a large, deep saucepan over a medium-high heat and cook the shallots, lemongrass, garlic, galangal, chillies, coriander stalks and curry paste for 1-2 mins, stirring often until the mixture is fragrant. Pour in the coconut milk and stock, and stir well to release any browned bits on the bottom of the pan. Simmer for 10-15 mins.
2 Mix in the chicken pieces and lime leaves. Bring to a gentle bubble and cook for 10 mins more until the chicken is cooked through, adding the mushrooms for the final 5 mins. Stir in the fish sauce and sugar, then add lime juice to taste. Add a splash more fish sauce or sugar, if needed. Remove the lemongrass and galangal slices, then serve with the coriander leaves sprinkled over.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 354 kcals • fat 24g • saturates 16g • carbs 9g • sugars 6g • fibre 2g • protein 24g • salt 2.4g

Roasted vegetable soup with halloumi 'croutons'

Very simple and quick to throw together, this soup is made using mainly storecupboard ingredients, and is also keto-friendly.

SERVES 6 **PREP** 10 mins
COOK 30 mins **EASY** **V**

2 tbsp olive oil
500g pack frozen chargrilled Mediterranean vegetable mix
4 celery sticks, finely sliced
2 garlic cloves, finely chopped
1 tsp onion granules
1 tsp dried mixed herbs
227g can chopped tomatoes
600ml chicken stock
½ lemon, juiced
10g parsley, finely chopped
For the 'croutons'
1 tbsp olive oil
1 tbsp black or white sesame seeds
200g halloumi, cut into 1cm cubes

1 Heat the oil in a large, deep saucepan over a medium-high heat and cook the veg mix, celery and garlic for 10 mins until the veg has softened and any excess water has evaporated. Mix in the onion granules, dried herbs, chopped tomatoes and stock. Bring to a simmer and cook for 20 mins until the liquid has reduced slightly. Season and add the lemon juice and parsley.
2 Meanwhile, for the croutons, heat the oil in a frying pan over a medium heat. Tip the sesame seeds onto a shallow dish and press the halloumi pieces in them to coat slightly. Fry, turning often until golden all over, about 5-7 mins. Divide the soup between bowls and garnish with the halloumi 'croutons' to serve.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 286 kcals • fat 20g • saturates 7g • carbs 9g • sugars 7g • fibre 4g • protein 15g • salt 1.8g

Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN | Stylist FAYE WEARS

COOK SMART

reduce waste

love your leftovers

Don't let surplus ingredients go to waste – get creative with these ideas



Smashed potatoes

If you have potatoes leftover from the calming green soup, try these smashed potatoes with your next Sunday roast. Cook **500g peeled potatoes** in a large pan of boiling salted water, then drain well and leave to steam-dry for 5 mins. Heat the oven to 220C/220C fan/gas 7. Put the potatoes on a baking tray and use a spatula or fish slice to smash them down slightly, then drizzle over **2 tbsp olive oil**. Season well. Bake for 30 mins, or until crisp and golden.

Sesame fried eggs

If you have sesame seeds leftover from the sausage & soy fried rice, heat **2 tbsp vegetable oil** in a frying pan over a medium heat, sprinkle in **2 tbsp sesame seeds**, then crack **1 egg** on top. Sprinkle a few more sesame seeds on top, and cook for 2-3 mins until the egg is cooked to your liking and the seeds are crisp. Serve on toast or over rice.

Hot honey

If you have lots of honey leftover from the sticky lemon chicken traybake, this spiced honey makes a great addition to lots of dishes. Pour **200g honey** into a small saucepan, along with **2 tbsp hot sauce** and **1-2 tsp chilli flakes**. Bubble over a low heat for 3-4 mins, then transfer to a bowl and leave to cool completely. *Once cool, transfer to a sterilised jar and seal. Will keep in a cool, dry place for three months.*

Three ways with leftover red onions



Caramelised red onion pasta

Heat **2 tbsp olive oil** and **15g butter** in a large frying pan over a medium heat and cook **3 thinly sliced red onions** for 35-40 mins until sticky. Add **1 tbsp balsamic vinegar** and **2 sliced garlic cloves**. Cook for 2-3 mins, toss in **300g cooked pasta**, a mug of the pasta water and **100g grated parmesan**. Season and serve.



Pickled red onions

For an easy savoury condiment, combine **5 tbsp red wine vinegar**, 1 tsp salt, **2 tsp sugar** and a splash of water in a small pan, then gently heat until the sugar has dissolved. Pour the liquid over **1 thickly sliced red onion**. Leave to pickle for 10-20 mins, then transfer to the fridge and chill until completely cold.



Red onion tarka

To spice up a dhal or curry, heat **2 tbsp ghee or vegetable oil** in a small frying pan over a high heat and cook **1 finely chopped red onion** for 5-6 mins until golden. Add **½ tsp chilli flakes**, **1 tsp cumin seeds**, **1 tsp coriander seeds**, **2 chopped garlic cloves** and a large pinch of salt, and cook for 2 mins more until fragrant and the seeds are popping. Pour over your dhal or curry while it's still sizzling.

Photos GETTY IMAGES

COOK SMART

Gadget game-changers

As well as being energy-efficient, using a slow cooker or air-fryer can enhance flavours and textures from meaty mains to mushrooms on toast

recipes SAMUEL GOLDSMITH ***photographs*** KAREN THOMAS

Slow cooker lamb shoulder

Cooking lamb low and slow like this produces very tender, deeply flavoured meat, with minimal effort.

SERVES 4-6 **PREP** 15 mins
COOK 6 hrs 15 mins-8 hrs 15 mins **EASY**

1.75kg bone-in lamb shoulder
2 tsp vegetable or sunflower oil
200ml red wine
2 carrots, roughly chopped
2 onions, quartered
2 sticks celery, roughly chopped
2 bay leaves
a few rosemary sprigs
a few thyme sprigs
300ml lamb, chicken or vegetable stock
potatoes and seasonal greens, to serve (optional)

1 Dry the lamb with a clean tea towel or kitchen paper, rub all over with the oil, then season well with salt and freshly ground black pepper. Heat a large frying pan over a medium heat and brown the lamb all over – this will take around 10-12 mins. Remove from the pan and set aside. Pour the wine into the pan and cook for 1-2 mins to cook off the alcohol. Turn off the heat.

2 Tip the veg and herbs into your slow cooker, then lay the lamb on top. Pour in the stock. Cook on high for 6 hrs or low for 8 hrs, turning halfway, if you can.

3 Remove the lamb and set aside to rest. Set a sieve or colander over a bowl and capture the liquid (either discard the vegetables or eat them with the meal – they'll be soft but taste great). You can use the cooking liquid to make a gravy simply by thickening with flour or cornflour. Serve with potatoes and seasonal greens, if you like.

PER SERVING (6) 496 kcals • fat 33g • saturates 15g • carbs 6g • sugars 4g • fibre 2g • protein 36g • salt 0.3g



gf tip

If you only want to use the slow cooker then you don't have to brown the meat, but it does give better results. You could also use the sauté option if you have a multicooker. If you're not browning the meat, the alcohol doesn't have to be cooked off, but it may impart a stronger flavour to the dish.

Air-fryer mushrooms on toast

Here's a speedy brunch or lunch that can easily be the star of the show, or be included as part of a bigger breakfast spread.

SERVES 2 **PREP** 5 mins
COOK 12-15 mins **EASY** V

300g chestnut mushrooms, quartered or sliced
a few thyme sprigs, leaves picked
½ tsp garlic powder
1 tbsp vegetable oil or other neutral oil, plus extra for the bread
2 slices of sourdough
1 garlic clove, peeled but left whole (optional)
small handful of chopped parsley (optional)

1 Tip the mushrooms into a bowl, scatter over the thyme leaves and garlic powder, and season. Stir everything together to combine. Drizzle over the oil and mix again.
2 Preheat the air-fryer, if necessary, to 200C. Tip the mushrooms into the basket and cook for 12-15 mins, mixing up halfway through, until golden and beginning to crisp up.
3 A few minutes before the end of cooking, toast the bread. If you like, you can rub the toast with a garlic clove for extra flavour. Drizzle with a little oil, then spoon over the mushrooms. Scatter with parsley, if you like.

GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING 349 kcals • fat 8g • saturates 1g • carbs 53g • sugars 4g • fibre 4g • protein 15g • salt 1.6g

gf tip

The mushrooms will release water, so ensure you have an air-fryer that can manage that.

Rice cooker coconut rice

Fancy perfectly cooked, fluffy rice every time? Look no further.

SERVES 4 **PREP** 5 mins
COOK 30 mins **EASY** V

500g basmati rice
1 tbsp sunflower or vegetable oil
400g can coconut milk
toasted coconut flakes, to serve (optional)

1 Rinse the rice in a sieve or colander until the water is much less cloudy.
2 Tip the rice and oil into the rice cooker, then pour in the coconut milk, followed by a can of water.
3 Cook the rice on the correct setting for long grain white rice, for one cycle of your rice cooker (ours took around 30 mins). Serve topped with toasted coconut flakes, if you like.

GOOD TO KNOW vegan • gluten free
PER SERVING 622 kcals • fat 22g • saturates 15g • carbs 93g • sugars 2g • fibre 2g • protein 12g • salt 0.04g

gf tip

Try frying some sliced onions and stir through the rice before cooking it. Or top with shop-bought crispy fried onions.



Shoot director JORDAN EDMONDS-MOORE | Food stylist TROY WILLIS | Stylist HANNAH WILKINSON

Microwave magic

COOK SMART

Have dinner ready in a flash with these recipes from **Dean Edwards**, all without using the oven or hob



Chicken shawarma couscous

Just let the microwave do its work, then finish with some fragrant herbs and crunchy almonds for a bit of texture.

SERVES 4 **PREP** 15 mins
COOK 7 mins **EASY**

400g skinless boneless chicken thighs, cut into bite-sized pieces
2 tbsp shawarma seasoning
250ml hot chicken stock
200g couscous
50g dried apricots
1 tbsp olive oil
½ lemon, juiced, plus wedges to serve

To serve

50g flaked almonds
chopped coriander
natural yogurt sprinkled with shawarma seasoning (optional)

1 Put the chicken in a microwave-safe dish measuring about 24 x 18cm, and coat with the shawarma seasoning. Ensure the chicken is in an even layer.
2 Pour in 100ml of the chicken stock until it comes about one-third of the way up the chicken. Cover and cook on full power for 5 mins. Make sure the internal temperature of the chicken has reached at least 75C (using a probe thermometer).
3 Sprinkle in the couscous, stir well, then pour over the remaining 150ml stock. Scatter over the apricots, cover again and cook for a further 2 mins. Leave to stand for 3 mins.
4 Drizzle over the oil and squeeze in some lemon juice to taste, then scatter over the flaked almonds and chopped coriander. Serve with lemon wedges and shawarma seasoned natural yogurt, if you like.

GOOD TO KNOW low cal
PER SERVING 418 kcals • fat 11g • saturates 2g • carbs 49g • sugars 6g • fibre 5g • protein 29g • salt 0.9g

Smoky bean enchiladas

This Mexican-inspired recipe is made predominantly from storecupboard ingredients.

SERVES 4 **PREP** 20 mins
COOK 11 mins **EASY** V

400g can kidney beans, drained
400g can black beans, drained
1 green pepper, deseeded and chopped
25g pack taco seasoning
500ml tomato passata
4 large flour tortillas
70g Mexican-style chilli cheddar, grated
crisp salad, soured cream, sliced fresh jalapeños, to serve

1 Mix both types of beans, the pepper, taco seasoning and 150ml of the tomato passata in a large microwave-safe bowl, then season. Stir well until fully combined, then cover and cook on full power for 4 mins. Leave to stand for 2 mins.
2 Meanwhile, pour enough tomato passata into a microwave-safe baking dish measuring about 24 x 18cm to cover the bottom; this will stop the enchiladas from sticking to the dish.
3 Spoon a quarter of the bean mixture into the centre of a tortilla, roll it up, then place in the baking dish. Repeat until the filling is used up and you have four stuffed enchiladas, spacing them out in the dish so there's a gap between each. Pour the remaining passata across the length of the enchiladas, then scatter over the grated cheese.
4 Cook uncovered on full power for 7 mins. Leave to stand for about 2 mins before serving with salad, soured cream and a few sliced jalapeños.

GOOD TO KNOW low fat • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 377 kcals • fat 9g • saturates 4g • carbs 49g • sugars 8g • fibre 13g • protein 19g • salt 1.8g

easy



Salted caramel millionaire's shortbread

SERVES 8 **PREP** 30 mins plus 3 hrs cooling **COOK** 20 mins **EASY** V

For the base
80g unsalted butter
40g caster sugar
150g plain flour

For the caramel
397g can condensed milk
80g unsalted butter, cubed
80g caster sugar

For the topping
100g dark chocolate, 70% cocoa solids, broken into pieces
40g unsalted butter

1 Line a microwave-safe baking dish, about 20 x 15cm, with baking parchment. For the base, put the butter in a microwave-safe bowl, then heat on full power for 1 min until melted. Stir through the sugar and flour until combined, then tip into the prepared dish. Use a spoon to flatten the base into an even layer, then cook on full power for 4 mins. Set aside.

2 For the caramel, put the condensed milk, butter and sugar in the same bowl. Microwave on full power for 8 mins, stirring after every minute, then cook in 30-second bursts, stirring in-between, for another 2-3 mins. It should be thicker and a darker colour than when you started. Add up to 1 tsp salt to taste, then pour this over the shortbread base. Leave to cool for 2 hrs until set.

3 Put the chocolate and butter for the topping into a microwave-safe bowl, then microwave for 1 min. Stir well, then cook in 20-second bursts until the chocolate has melted. Pour the chocolate over the caramel, then smooth out into an even layer. If you want, sprinkle with a small amount of sea salt flakes. Leave to cool fully, around 1 hr, before cutting into eight equal-sized pieces.

PER SERVING 542 kcals • fat 30g • saturates 19g • carbs 60g • sugars 44g • fibre 2g • protein 7g • salt 0.6g



Recipes are adapted from *Cook Smart Microwave* by Dean Edwards and not retested by us. Photographs Tom Regester.

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recipes AILSA BURT *photographs* KIM LIGHTBODY

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Flour power

Make sure you get the most out of your grains with our handy tips.

- **Flour should be stored in a cool, dry place.**

- Wholegrain and seeded flours can be kept in the freezer as they have a shorter shelf life than white flours. They can be used straight from frozen, no need to defrost.

- **Decant and store flour in airtight containers to prevent pests such as weevils.**

- If you're out of self-raising flour, you can create your own simply by combining 1 tsp baking powder with 100g plain flour. You can scale this up or down as needed.

- **Bread flours have a higher protein content than plain flour, which is needed to give bread its structure, shape and a good rise.**

- Plain flour has a lower protein content, which makes it ideal for pastry and cakes.

- **If swapping out white bread flour for wholemeal bread flour, bear in mind you may need to increase water ratios slightly, as wholemeal flours can absorb more water.**

- If you're making 'raw' cookie dough, you must toast the flour first as it should not be consumed raw.

- **Toasting flour before using it to make a béchamel or a roux-based sauce will enhance the flavour, giving your sauce greater depth.**

- For a more tender-crumbed single-layer cake, use some '00' flour. You can substitute up to half the amount of flour required with '00'. However, we wouldn't recommend this for taller, layered cakes as being too tender will mean the sponge doesn't have the structure to support the layers.

Pear & yogurt spelt cake

Spelt flour is rich in fibre and works well in bakes, giving a nuttiness and subtle sweetness. This recipe is excellent served warm after a Sunday roast.

SERVES 10-12 **PREP** 15 mins
COOK 55 mins **EASY** V

125ml sunflower oil, plus extra for the tin
3 pears
200g Greek-style yogurt, plus extra to serve
3 eggs
175g golden caster sugar
275g light or dark spelt flour
2 tsp baking powder
½ tsp ground cinnamon
2 tbsp honey, plus extra to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Oil a round 20cm cake tin and line the base with baking parchment. Peel the pears, reserving the peel, then cut in half lengthways, trim the tops and, using a teaspoon, scoop out the core. Put the peel in a food processor, blitz until finely chopped, then tip into a jug. Mix in the yogurt, eggs, oil and a pinch of salt, then set aside.
2 In a large bowl, combine the sugar, flour, baking powder and cinnamon. Pour the wet mix into the dry and whisk well to ensure there are no dry patches. Pour the batter into the tin and arrange the pears on top, cut-side down, pressing lightly into the batter. Bake for 55-60 mins until golden and a skewer inserted into the middle comes out clean. If the cake turns brown too quickly, cover with foil.
3 Leave to cool in the tin for 10 mins. Heat the honey over a low heat or in a microwave until loose and runny, then brush over the cake. *Will keep for up to three days in the fridge.* Serve in slices with more Greek yogurt and a drizzle of extra honey, if you like.

PER SERVING (12) 302 kcals • fat 14g • saturates 3g • carbs 36g • sugars 23g • fibre 3g • protein 5g • salt 0.3g

Make spuds the star

Potatoes are a low-cost ingredient usually relegated to side dishes, but with a little creativity, you can turn them into so much more.

Waste-nothing loaded potato wedges

Leave the skins on your potatoes and use up any cheese and milk that's almost past its best with this recipe, great for Friday nights in.

SERVES 6 PREP 20 mins
COOK 1 hr EASY

120ml vegetable oil
1.5kg Maris Piper potatoes
2 rosemary sprigs
100g chorizo, skin removed and chopped into ½ cm cubes
2 tbsp plain flour
2 garlic cloves, crushed
½ tsp chilli flakes
250ml milk
75g leftover cheese, grated (we used a mixture of gruyère and cheddar)
2 spring onions, finely sliced
10g parsley, finely chopped

1 Heat the oven to 220C/200C fan/gas 7. Pour the oil into one very large or two large baking trays and put in the oven to heat up. Remove any eyes on the potatoes and give them a good scrub to clean the skins. Cut into 2cm-thick wedges and tip into a saucepan. Cover with cold water, then add the rosemary and 1 tbsp fine sea salt. Cover with a lid and bring to the boil. Allow to boil for 1 min, then remove from the heat and drain. Leave to steam-dry for 5-10 mins.

2 Carefully remove the tray or trays from the oven and gently turn the wedges and rosemary in the hot oil. Season, then roast for 50 mins-1 hr, shuffling the wedges around halfway through, until golden and crisp. Meanwhile, heat a dry pan over a medium-high heat and fry the chorizo for 5-6 mins, until crispy and the oils have been released. Remove with a slotted spoon and set aside on a plate. You'll end up with around 2 tbsp oil in the pan (if it looks like much less, add a drizzle of vegetable oil).

3 Tip the flour, garlic and chilli flakes into the pan and stir to create a paste. Cook for a few minutes before adding the milk, a little at a time, whisking well after each addition. Simmer for 3-5 mins, until thickened, then remove from the heat. Stir through the cheese until melted, then season to taste.

4 Once the potato wedges are golden, tip onto a platter, drizzle over the cheese sauce, and scatter the chorizo over the top, along with the spring onions and parsley.

GOOD TO KNOW vit c
PER SERVING 427 kcals • fat 20g • saturates 7g • carbs 46g • sugars 4g • fibre 5g • protein 13g • salt 0.9g

gf tips

- You can also turn these into chilli cheese fries by topping with leftover chilli con carne and grilling.
- You can reserve the oil from the roasting trays and use as cooking oil. Simply cool and store in a jar.
- Leftover chorizo fat can be kept in a jar in the fridge if you like. Use as a cooking oil for a bit of extra flavour.
- For a delicious Korean-inspired twist, add some gochujang to the cheese sauce and top with kimchi.

Storecupboard marinades

These marinades use up ingredients you may already have, and are a great way to add some oomph to your cooking

Soy-marinated pork

SERVES 4 **PREP** 5 mins plus at least 4 hrs marinating **COOK** 15 mins **EASY** P

In a bowl, stir together **2 tbsp sunflower oil**, **50ml soy sauce**, **2 tbsp Worcestershire sauce**, **4 crushed garlic cloves**, **1 tbsp Dijon mustard**, **1 tbsp light brown soft sugar** and a **handful of chopped coriander** and season well with pepper. Tip **4 pork shoulder steaks or pork chops** into the marinade and rub all over using your hands to make sure everything is coated. Cover and chill in the fridge for at least 4 hrs, or up to 24 hrs. Heat a pan over a medium-high heat and remove the pork from the marinade, letting any excess drip off. Cook the pork for 4-5 mins on one side, then flip over and add 4 tbsp of the remaining marinade. Cook for a further 4-5 mins, basting in the marinade, until cooked through and glazed. Excellent served over **rice** with some **greens**. This marinade works very well with chicken or beef, too.

PER SERVING 338 kcals • fat 15g • saturates 4g • carbs 10g • sugars 9g • fibre 0.2g • protein 40g • salt 2.7g

Roasted veg with harissa, sundried tomatoes & lemon

SERVES 4 **PREP** 5 mins plus at least 30 mins marinating **COOK** 45 mins **EASY** V

Mix **50g harissa** with the zest and juice of **1 lemon**, **2 crushed garlic cloves**, **50g chopped sundried tomatoes** and **3-4 tbsp oil from the jar**. Season well and toss with **500g chopped veg**, such as carrots and cauliflower, ensuring everything is well coated. Cover and chill for at least 30 mins, or up to 12 hrs. Heat the oven to 160C/140C fan/gas 3. Roast the veg for 40-45 mins, until tender. Serve over **rice**, spooning over any of the remaining roasting juices, with a **garlicky yogurt dip**. (We used this with vegetables, but it would work well on any oily or white fish, or even chicken.)

GOOD TO KNOW vegan • vit c • 1 of 5-a-day • gluten free
PER SERVING 171 kcals • fat 10g • saturates 1g • carbs 14g • sugars 11g • fibre 5g • protein 4g • salt 0.3g

Feta brine chicken

SERVES 4 **PREP** 10 mins plus at least 4 hrs marinating **COOK** 16 mins **EASY**

Drain off the brine from a **200g pack of feta** into a bowl. Tip in **500g skinless, boneless chicken thighs**, plus **2 tbsp olive oil**, **2 crushed garlic cloves**, a **handful of chopped dill** or **oregano**, **1 finely chopped onion**, the zest and juice of **½ lemon**, and **1 tbsp honey**. Stir, season with **pepper**, then cover and chill for at least 4 hrs, or up to 24 hrs. Heat a pan over a medium-high heat. Take the chicken out of the marinade and cook for 7-8 mins each side, until cooked through and browned. Roughly chop and serve in wraps, sandwiches or on top of **rice** with some feta scattered over.

GOOD TO KNOW vit c • gluten free
PER SERVING 394 kcals • fat 26g • saturates 10g • carbs 8g • sugars 7g • fibre 1g • protein 31g • salt 1.5g









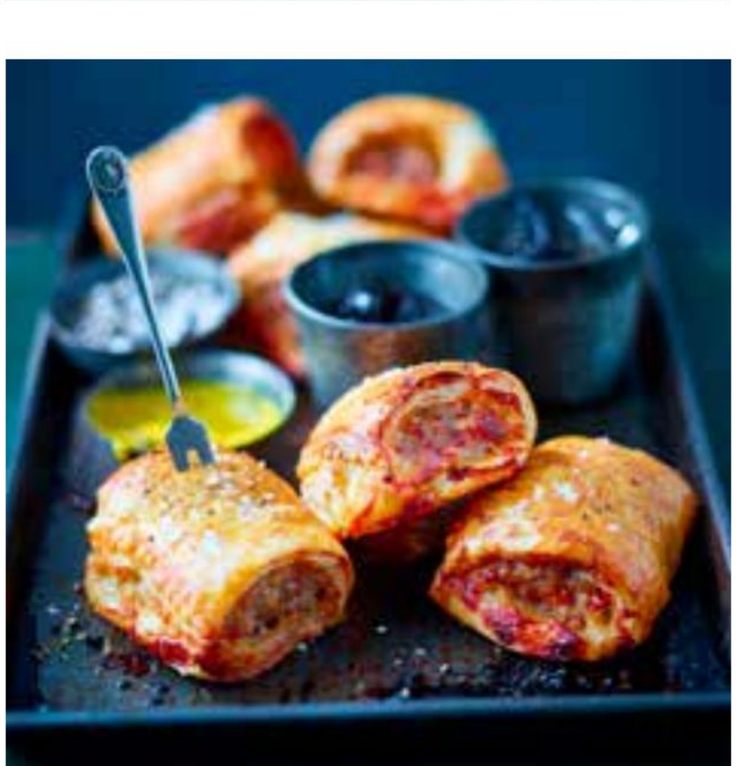

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gf treasures

perfect pancakes

Want to change up your pancakes for Shrove Tuesday (February 13)? We've chosen a few of our favourite recipes to help you celebrate in style



Easy crêpes

While you may need to brush up on your flipping technique, these pancakes are simple and quick to make. They're best served warm with whatever toppings you like. We opted here for juicy blueberries in maple syrup with cream cheese and nuts (find the recipe at bbcgoodfoodme.com/recipes/blueberry-cheesecake-pancakes*).*

MAKES 8 large crêpes **PREP** 5 mins plus resting **COOK** 20 mins
EASY V

175g plain flour
3 eggs
450ml milk
sunflower oil, for frying

1 Weigh the flour out into a large jug or bowl. Crack in the eggs, add half the milk and a pinch of salt. Whisk to a smooth, thick batter. Add the remaining milk and whisk again. Set aside for at least 30 mins.
2 Heat a large non-stick crêpe or frying pan over a medium-high heat. Add a drizzle of oil, then wipe out the excess with kitchen paper. When the pan is hot, add enough batter to just cover the surface, swirling it and pouring any excess back into the bowl. The pancake should be as thin as you can make it. Cook for a few minutes until the edges are peeling away from the sides of the pan – shake it to see if the pancake easily releases and is browning on the underside. If not, cook a little longer. Flip and cook the other side for a minute or two. Serve, or keep warm in a low oven until ready to serve with your favourite toppings (see below).

PER SERVING 161 kcals • fat 6g • saturates 2g • carbs 19g • sugars 3g • fibre 1g • protein 7g • salt 0.2g

Discover our 10 most popular pancake toppings at *bbcgoodfoodme.com/our-10-favourite-pancake-toppings*

easy

Fluffy Japanese pancakes

Make these tall Japanese pancakes and watch them bounce and jiggle. You'll need two crumpet rings to make them.

MAKES 6 **PREP** 10 mins
COOK 36 mins (or approx. 12 mins per pancake) **EASY** V

150g self-raising flour
½ tsp baking powder
2 tbsp golden caster sugar
2 eggs
1 tbsp rapeseed, sunflower or grapeseed oil
180ml milk
dash of vanilla extract
oil spray for cooking or a mild-flavoured cooking oil (whatever you use in the batter)
maple syrup, ice cream, crisp bacon or berries, to serve (optional)

1 Sift the flour and baking powder into a bowl and add the sugar. Make a well in the centre, crack in the eggs and add the oil. Stir, gradually pouring in the milk, then use a whisk to combine. (You can also put the ingredients in a blender and blitz it.) Stir in the vanilla. Don't leave the batter to stand, it's best used straightaway.

2 Put a large non-stick frying pan over a low heat and put one or two oiled non-stick crumpet rings (about 3½ cm high) in the pan. Spray (or brush) the pan lightly with oil. Fill the rings until three-quarters full with batter, then cover the pan with a lid and cook for 10 mins on a very low heat. By this time, the tops should be covered in little bubbles and look dry around the edges.

3 Very carefully turn the pancakes over. You can do this by lifting each pancake in its ring onto the lid and then inverting the pan over them before turning the whole thing back over and taking off the lid. Cook for another 1-2 mins. Keep warm in a low oven while you use up the rest of the batter. Stack and serve with your favourite toppings.

PER SERVING 174 kcals • fat 4g • saturates 1g • carbs 27g • sugars 8g • fibre 1g • protein 6g • salt 0.4g



Sourdough pancakes

The best way to use up your leftover sourdough starter is to put it in pancakes. As well as reducing any waste, it adds a subtle zing of flavour.

MAKES around 12 pancakes
PREP 20 mins **COOK** 30 mins
EASY V

200g self-raising flour
1 tbsp golden caster sugar
1 tsp baking powder
200g active sourdough starter
2 eggs
260ml milk
50g butter, melted, plus extra for frying
sunflower oil, for frying
maple syrup, to serve (optional)

1 Tip all the ingredients, except the butter, oil and maple syrup, into a bowl with a large pinch of salt, and whisk until you have a thick, smooth batter. Whisk in the melted butter.
2 Heat a splash of oil and a small knob of butter in a non-stick frying pan until sizzling. Pour or ladle the batter into the pan, making 7-8cm pancakes, with plenty of space between them (you should fit three pancakes in at a time). The batter should sizzle a little as it hits the pan, but not aggressively – adjust the heat if you need to. Cook until bubbles start to form on the surface, then flip and cook the other side – they should take roughly 2 mins on each side. Eat straightaway or keep warm in a low oven while you cook another batch. Serve with maple syrup, if you like.

PER SERVING 499 kcals • fat 20g • saturates 10g • carbs 65g • sugars 8g • fibre 3g • protein 14g • salt 1.3g

Buttermilk corn pancakes with bacon & maple syrup

The use of buttermilk and corn in this recipe is inspired by the flavours of the American Deep South. But if you can't get hold of buttermilk, you can also use 2 tbsp Greek yogurt mixed with 75ml milk as a substitute.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** P

75g fine cornmeal or polenta
125g plain flour
1 tsp baking powder
4 large eggs, beaten
110ml buttermilk
60g butter, melted and cooled
300g sweetcorn, frozen or canned
4 spring onions, chopped, plus extra to serve
groundnut or sunflower oil, for frying
8-12 back bacon rashers, smoked or unsmoked
maple syrup, to serve

1 Heat the oven to 150C/130C fan/gas 2 – you'll need the oven to keep the pancakes warm later on. Put the cornmeal, flour, baking powder, eggs, buttermilk, melted butter and half the sweetcorn into a food processor and pulse to combine (you want the corn to be chopped, not puréed). Stir in the spring onions and remaining corn.

2 Heat about 1 tbsp oil into a frying pan set over medium heat. Ladle in two lots of pancake batter, about 10-12cm in diameter. Cook for 3-4 mins until set and small bubbles form on top. Use a palette knife to flip the pancakes over and cook on the other side for 2-3 mins more. Transfer the cooked pancakes to a roasting tin or baking sheet lined with a double layer of baking parchment, then put in the oven to keep them warm while you repeat the process for the next two pancakes. You should have enough batter to make eight in total.

3 When all the pancakes are cooked, add a little more oil to the pans, then cook the bacon until golden on both sides. Serve 2-3 rashers over two pancakes per person, with the maple syrup drizzled over and extra spring onions sprinkled on top.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 792 kcals • fat 48g • saturates 19g • carbs 52g • sugars 5g • fibre 4g • protein 35g • salt 4.3g



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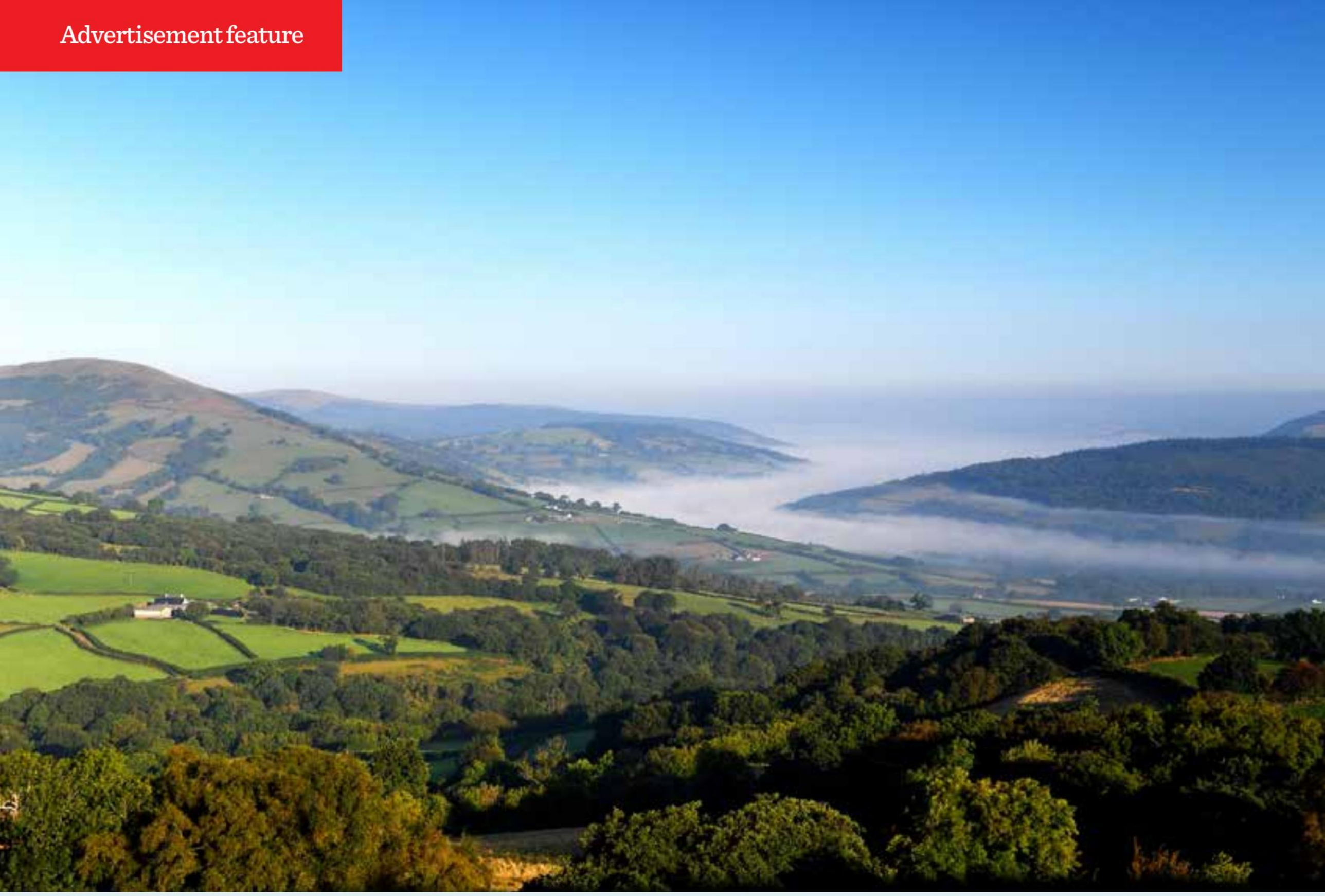
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Wales - Where centuries of tradition meets new flavours

With regional nuances in flavours, processes and techniques, the range of food and drink produced in Wales is diverse, to the extent that it has captured the imaginations of internationally renowned chefs who seek out Welsh products to serve in their restaurants across the globe

When was the last time you tasted the freshest, purest water; the creamiest, most decadent cheese; or the most succulent, delicious meat? Could it be Welsh food and drink that is on the tip of your tongue?

As Wales prepares to celebrate St David's Day on 1st of March, naturally, the focus is on food and drink. Yet while we do enjoy savouring a traditional Welsh cake or two or a scrumptious slice of bara brith spread with salted Welsh butter, our dynamic and innovative approach to food and drink has come a long way over the centuries.

The abundance of natural resources and outstanding landscapes, combined with a focus on developing new technologies and innovation in food production, creates a place where the traditional is re-imagined by a new generation, whilst staying true to quality and provenance.

From responsible farming and fishing practices to B-Corp accreditation, eco-friendly packaging processes and a fair work ethos- these are just some of the elements that define the industry, resulting in one of the most environmentally and socially responsible food and drink supply chains in the world.

Naturally extraordinary

While rugged coastlines, flowing rivers, proud mountains and thick green grass give Wales its mighty aesthetic and plentiful yield, it is also rich with heritage and culture which underpins a diverse food and drink industry. Wales will never be the world's biggest food producer with mile-wide wheat fields and palm-oil plantations, however, that is fine by us because business is booming and we are reaping the rewards.

Internationally recognised accreditation such as Geographical Indication (GI) status and an ever-evolving food and drink sector that continues to innovate and create award-winning produce is Wales' speciality. By the end of 2023, 20 Welsh food and drink products were on the Welsh GI 'A-list', from Anglesey Sea



Salt, Traditional Welsh Caerphilly Cheese to PGI Welsh Lamb, Laverbread, Leeks, and more. Also, 195 food and drink products from Wales won a prestigious Great Taste award from the world's largest and most trusted food and drink accreditation scheme.

With a deep connection to its landscape, people, culture, and a suite of international awards and accreditations, Welsh food and drink is something to savour.

Grown in Wales. Enjoyed worldwide

Of course, good food begins with good ingredients, and the experience and dedication of Welsh farmers, growers and fishers are testament to that. However, it takes people with imagination, skill and courage to do something amazing with all that raw potential.

With many of these tasty Welsh ingredients available in the Middle East, why not experience it for yourself and see why we get justifiably excited about our good, honest produce. Try a bowl of heart-warming cawl (broth) made with succulent Welsh Lamb, root vegetables and our national emblem the leek, served with a chunk of Welsh cheese. Our award-winning beverages are worth a slurp/sip too.

As St David's Day is a leek's throw away, here are some tasty Welsh treats for you to try.

Magnificent meat and splendid seafood

Welsh farmers, recognised for the quality of their product, have been using traditional methods for years, working with what nature has given them- grass, rainwater and a whole lot of pride. With high standards of animal husbandry and pastureland management, family run farms have helped preserve the unique landscape, with Welsh Lamb gaining coveted Protected Geographical Indication (PGI) status from the European Commission in 2003.

Welsh Lamb from Rhug Estate, Pilgrims and Dunbia is available in the Middle East, as are Edwards of Conwy sausages and burgers.

Our coastline also offers an abundance of the finest seafood including plump mussels and juicy oysters. The Lobster Pot Anglesey, harvests succulent lobster and delicate, sweet crab from the surrounding deep blue sea.

Dairy delights

Wales is well-known for its cheese making due to the lush green grass our cows graze and our skilful farmer-producers. Wales' cheeseboard is bountiful; from our sole native cheese, Traditional Welsh Caerphilly which, incidentally, also has Geographical Indication status, to our smooth, brie-like cheeses. Dragon Cheese, Snowdonia Cheese Company, Caws Cenarth and Calon Wen cheeses are available in the Middle East.

Other award-winning dairy products that are equally delicious and available in the Middle East include yogurts from Rachel's Organic and Llaeth y Llan, Daioni organic milk, Calon Wen Welsh butter and Frank's ice cream.

Sweet treats and blissful bakes

While Welsh cakes are traditionally eaten on St David's Day, they are available throughout the year. They are particularly delicious warm, straight off the bake stone/griddle, and their flavourings can vary from traditional to the more innovative.

You can buy The Village Bakery Welsh cakes, as well as its melt in the mouth crumpets, in the Middle East. If you're looking for something sweet to drizzle on your crumpet or bara brith, Hilltop Honey is liquid gold. For those looking for wheat and gluten free products, Lovemore supply biscuits, cakes and puddings.
For a savoury snack alternative, try Cradoc's Savoury Biscuits crackers with some delicious Welsh cheese.





For more information on Welsh food and drink, visit **gov.wales/foodanddrinkwales**

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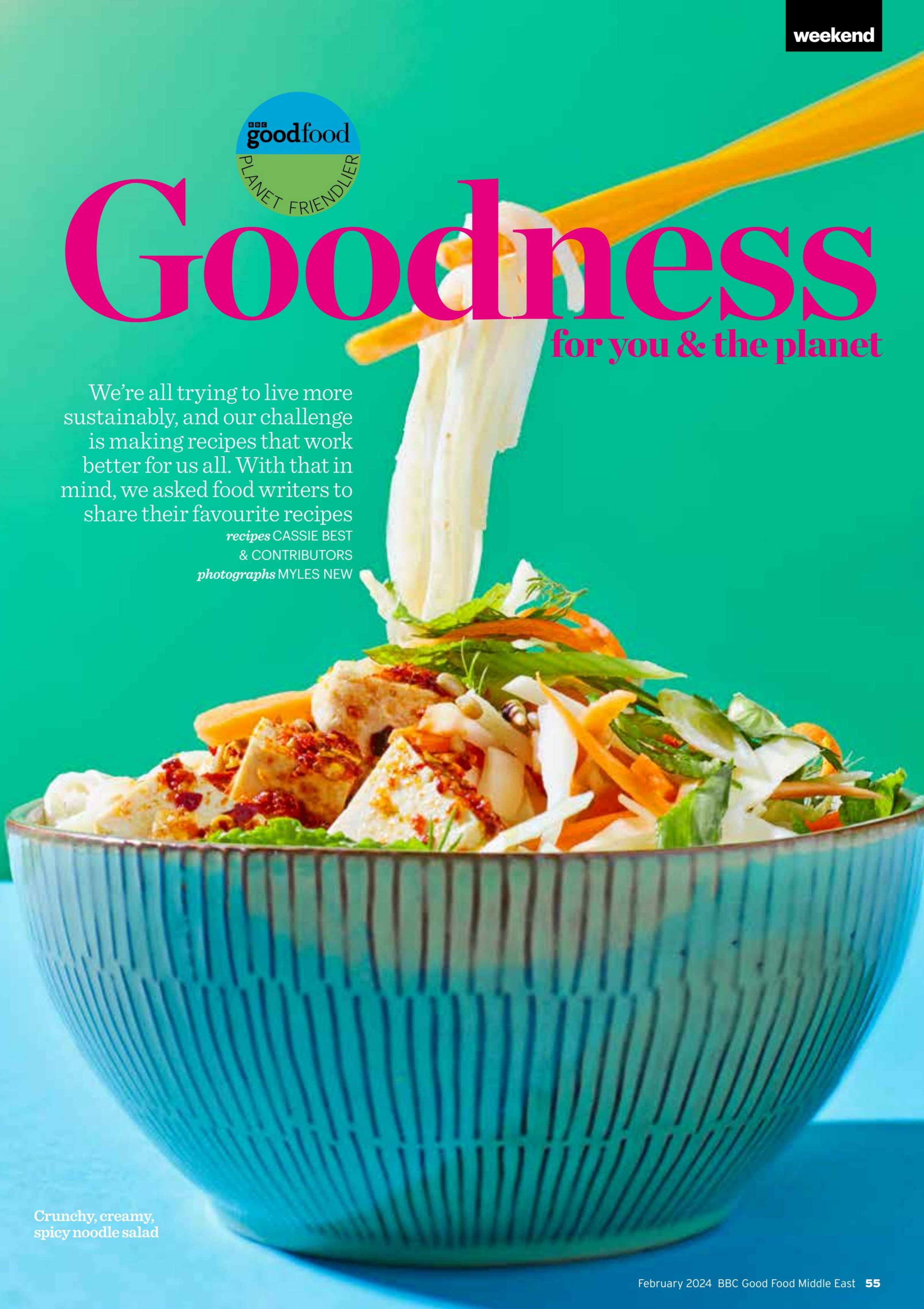
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We're all trying to live more sustainably, and our challenge is making recipes that work better for us all. With that in mind, we asked food writers to share their favourite recipes

recipes CASSIE BEST & CONTRIBUTORS
photographs MYLES NEW



Crunchy, creamy, spicy noodle salad

Crunchy, creamy, spicy noodle salad

We eat this salad year-round. There's minimal cooking involved, so it helps on the energy usage front. And, you can switch up the veg depending on what's in season – chopped cucumbers in the summer, lots of herbs, or whatever your favourites are. With all the textures and bursts of flavour, it's a good meal to add to your week to help reduce meat consumption. I sometimes double the recipe and chill all the leftover elements separately to assemble another when needed. **Joe Woodhouse**

SERVES 4 **PREP** 35 mins
COOK 10 mins **EASY** V

150g carrots (about 2 medium), cut into matchsticks
3 tbsp rice vinegar, or any other vinegar
1 tbsp honey or sugar
4 nests rice noodles of your choice, such as brown (about 250g)
4 tbsp sunflower oil
1 tbsp Korean red pepper flakes or pul biber
1 tsp ground cumin
1-2 tsp chilli flakes
40g sunflower seeds
5 tbsp tahini
300g silken tofu
1 tbsp soy sauce
150g white cabbage, sprouts or any other cabbage, thinly shredded
50g soft herbs of your choice (such as coriander, mint, dill or a mixture), leaves picked
3 spring onions, trimmed and finely sliced

1 Tip the carrots into a heatproof bowl. Pour the vinegar into a small pan with 3 tbsp water and the honey or sugar. Add a pinch of salt, bring to the boil, then immediately pour this over the carrots and leave to pickle while you prepare the rest of the dish, stirring occasionally.

2 Cook the noodles following pack instructions until tender, then drain, rinse under cold running water and drain again. Alternatively, if you prefer warm noodles, cook them at the end just before serving, without rinsing afterwards.

3 Heat the sunflower oil in a small pan over a medium heat. Tip the red pepper flakes, cumin, chilli flakes and a large pinch of salt into a small heatproof bowl. When the oil is shimmering (be careful not to let it smoke), carefully pour it over the spice mixture in the bowl, stirring to coat everything in the oil. Set aside.

4 Return the pan to a medium-low heat and toast the sunflower seeds for 3-5 mins until just turning golden. Remove from the heat. Mix the tahini and a pinch of salt with 5-6 tbsp water in a small bowl until smooth and pourable. Set aside.

5 Put the tofu in a shallow bowl or on a plate, break it apart slightly and spoon over the soy sauce and the chilli oil you made in step 3.

6 Divide the noodles between serving bowls and top with the tahini sauce, cabbage, pickled carrots, tofu, toasted sunflower seeds, herbs and spring onions. Drizzle over the carrot pickling liquid and serve.

GOOD TO KNOW healthy • calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 615 kcals • fat 30g • saturates 4g • carbs 62g • sugars 11g • fibre 9g • protein 19g • salt 0.9g

Joe Woodhouse grew up on farms in Cambridge and Scarborough. He trained as a chef and worked in restaurants before embarking on a career as a food writer, food stylist and food and travel photographer. Joe has been a vegetarian since the age of 10 and enjoys cooking plant-based meals for his young family.


Use up any crunchy veg
you have, like cucumbers

Broccoli stem falafel bowl

This not only looks gorgeous, it's packed with nutrient-dense ingredients. To reduce food waste, the falafel are made using an ingredient that's often discarded – broccoli stalks. Blitzed into the chickpea base, they add texture and fibre. Consider also swapping rice for other grains. Here, we've used quinoa, but barley or freekeh are also good. **Cassie Best**

SERVES 4 **PREP** 25 mins plus chilling **COOK** 20 mins **EASY**
V ❄ falafel only

2 pittas, cut into small triangles
50g pumpkin or sunflower seeds
1 tbsp olive or rapeseed oil
pinch each of cumin seeds and chilli flakes
160g baby spinach or other soft green salad leaves
200g cooked grains of your choice (we used quinoa)
2 carrots, finely shredded or grated
2 baby cucumbers, sliced, or ¼ large cucumber, chopped
2 tsp honey or maple syrup

For the broccoli stalk falafel
1 raw broccoli stalk (about 100g), quartered lengthways and sliced
400g can chickpeas, drained
½ tsp baking powder
2 tsp ground cumin, plus a pinch
1 tsp ground coriander
2 garlic cloves
1 lemon, zested
small bunch of parsley, roughly chopped, reserving a few whole leaves to serve
flavourless oil, for rolling and the baking tray

For the beetroot hummus
400g can chickpeas
100g cooked beetroot, drained
1 garlic clove
2 tbsp tahini
2 tbsp extra virgin olive or rapeseed oil
squeeze of lemon juice

For the dressing
1 tbsp tahini
2 tsp honey or maple syrup
½ lemon, juiced
3 tbsp extra virgin olive or rapeseed oil

1 First, make the falafel. Put all the ingredients in a food processor, except the oil, and season well. Blitz to a paste, scraping down the sides of the bowl a couple of times until you have a smooth mixture. Lightly oil a dessertspoon and your hands. Scoop a little of the falafel mixture into your hands, then roll into a ball the size of a large cherry tomato. Flatten gently into a disc – the mixture will feel quite soft at this stage. Repeat to make 12 falafel in total, then put on a plate and keep chilled until you're ready to serve. *Will keep chilled for up to 24 hrs.*

2 To make the hummus, drain the chickpeas, reserving the liquid from the can, then tip into a blender along with a splash of the reserved liquid, the beetroot, garlic, tahini, oil, lemon juice and 1 tsp sea salt. Blitz to a smooth purée, adding more of the reserved chickpea liquid if the purée is too thick. Set aside in the fridge with the falafel. *Will keep chilled for up to two days.*

3 Toss the pitta triangles and pumpkin seeds with the oil, cumin seeds and chilli flakes, then spread out on a baking tray and bake at 200C/180C fan/gas 6 for 8-10 mins until crisp and toasted. Or, do this in an air-fryer at 200C, tossing the mixture halfway through.

4 Line a baking tray with parchment (or cut a piece to fit the basket of your air-fryer), brush the parchment with a little oil and arrange the falafel on the tray. Cook for 12-15 mins, turning halfway through, until crisp and golden. *Once cool, the falafel will keep chilled or for up to two days – they will firm up as they cool. Reheat or eat cold.*

5 Mix all the ingredients for the dressing together. Divide the spinach between four shallow bowls or plates, and top with the grains (reheat these if you like, or serve cold), then the carrots, cucumbers, pitta chips and falafel. Generously spoon the hummus into the bowls, then drizzle over the dressing and sprinkle over the roasted pumpkin seeds and a few whole parsley to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 766 kcals • fat 39g • saturates 5g • carbs 68g • sugars 14g • fibre 17g • protein 26g • salt 1.9g

Hummus gets a vibrant makeover with beetroot



Potato, leek & chorizo soup

In colder months, brothy soups and stews provide sustaining warmth. This is an old favourite – one of those holy grail recipes that's both deeply flavourful and easy to make with a few seasonal ingredients. Seasonal eating is something I'm passionate about – we should be making the most of local produce in the season in which it's supposed to be grown, instead of using ingredients flown across the world. That way, it's at its most nutritious and flavourful, and you'll support local farmers. **Julius Roberts**

SERVES 4-6 **PREP** 10 mins
COOK 45 mins **EASY**

- 850g potatoes (such as Maris Piper or any floury variety), cut into 2cm chunks
- 1.6 litres chicken stock (see tip below)
- 3 large leeks, sliced into thick rounds
- 225g cooking chorizo, skin removed, thickly sliced (or use smoked lardons)
- 40g finely chopped parsley
- sourdough or other crusty bread, to serve

1 Tip the potatoes into a large pan with the stock and a large pinch of salt. Bring to a simmer and cook for 10 mins.
2 Meanwhile, put the leeks in a bowl and rinse to remove any grit. Add the leeks and chorizo to the pan, season and simmer for another 15-20 mins until the leeks and potatoes are cooked through.
3 When ready, the potatoes and leeks should be almost falling apart and very tender when pierced with a knife, and the stock should be shimmering with the fat from the chorizo. Season to taste, then remove from the heat and stir through the parsley. Leave to rest for 5 mins, then ladle into deep bowls, grind over a little black pepper, if you like, and serve with thick slices of sourdough.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING (6) 307 kcals • fat 13g • saturates 5g • carbs 25g • sugars 3g • fibre 6g • protein 19g • salt 2.9g

gf tip

Homemade chicken stock

Making your own chicken stock is a great way to extract every bit of flavour from the carcass, which is otherwise discarded. Whenever you **roast a chicken**, put the carcass in the freezer until you have a few saved. Put the bones in a pan, cover with water and add **1 carrot**, **1 celery stick**, **1 chopped onion**, **2 bay leaves** and **6 peppercorns**. Simmer for 1 hr (or cook in a pressure cooker for 30 mins), then strain. Leave the stock to cool completely, then freeze in airtight containers to use in soups or stews.

Former chef turned farmer **Julius Roberts** is on a mission to live a self-sufficient life on his family smallholding in Dorset. Julius' first book, *The Farm Table* was published in 2023.

Make meat go further

Harissa broccoli & flatbreads

This veggie one-pan meal is a winner, with just five ingredients plus salt and oil. The no-knead flatbreads couldn't be simpler, and are great for when you feel like you've nothing in the house to eat. I've used Greek-style yogurt here, but you can use any natural yogurt. The same goes for the harissa – if it isn't something you have, swap it for a hot sauce and adjust the amount to your liking. Eating for the planet can start with small steps, like enjoying more veg and less meat.

Sophie Godwin

SERVES 2 **PREP** 10 mins
COOK 15-20 mins **EASY** V

- 90g self-raising flour, plus extra for dusting
- 8 tbsp thick natural yogurt (such as Greek-style)
- 2½ tbsp olive oil, or rapeseed oil
- 200g long-stemmed or regular broccoli, cut into florets if regular
- 1 tbsp harissa, plus extra to serve (optional)
- 2 eggs

1 Weigh the flour into a bowl and add half the yogurt and a large pinch of salt. Mix to form a wet dough. Cover with a tea towel and leave to rest for 10 mins.

2 Meanwhile, heat ½ tbsp of the oil in a large non-stick frying pan over a medium-high heat and fry the broccoli for 3 mins, then pour in 70-100ml water and cook for 3-4 mins more until tender and slightly charred (the water helps the broccoli steam while it cooks).

3 Mix 1 tbsp of the oil with the harissa. Once the broccoli is cooked, remove from the heat and stir through the harissa oil, tossing to coat. Season. Transfer to a plate and cover to keep warm.

4 Cut the flatbread dough in half. Lightly dust the work surface with flour, then roll each half out into a roughly circular flatbread, about the size of the base of a medium frying pan (around 15cm).

5 Return the pan to a high heat (no need to wash it first). Lay a flatbread in the pan and cook for 45 seconds-1 min on each side until puffed up with some charring in spots. Repeat with the remaining dough and serve one flatbread on each plate.

6 Heat the remaining 1 tbsp oil in the pan over a low heat and fry the eggs to your liking. Season. Spread the remaining yogurt over the flatbreads and top with the broccoli and a fried egg. Spoon over a little more harissa, if you like, and grind over some black pepper to taste.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 533 kcals • fat 25g • saturates 7g • carbs 49g • sugars 14g • fibre 5g • protein 26g • salt 1.1g



Sophie Godwin has been a chef and recipe writer for over 10 years. She has a passion for cooking with seasonal produce, hates waste and loves creating colourful, vegan-friendly sharing recipes. She has written many cookbooks over the years, her latest, *Sundays*, was published last year.

Make your own flatbreads rather than buy them



Sweet & sour radicchio with toasted crumbs & herby lentils

Lentils are effectively carbon-negative, don't require irrigation, fix nitrogen in the soil (reducing the need for fertiliser and improving the soil for the next crops), and are a joy when seasoned well and spiced. Here, they're cooked with plenty of herbs and some vinegar. The radicchio and crumbs provide more flavour and need only minimal cooking.

Ed Smith

SERVES 2 **PREP** 20 mins
COOK 20-25 mins **EASY** V

- 5 tbsp extra virgin olive oil or rapeseed oil, plus extra for drizzling
- 1 small red onion, finely chopped
- 15g flat-leaf parsley, leaves picked and finely chopped, stalks finely chopped
- 2 garlic cloves, crushed
- 400g can black or green lentils, drained
- 15g mint, leaves picked and finely chopped
- 3 tbsp sherry or red wine vinegar
- 100g sourdough or focaccia, pulsed to fine crumbs in a food processor
- 1 radicchio (about 500g), quartered, cored and leaves separated

1 Heat 1 tbsp of the oil in a medium saucepan over a medium heat and fry the onion with a pinch of sea salt flakes for 4-5 mins until starting to soften but not colour.
2 Add the parsley stalks and half the garlic to the onions, then tip in the lentils and 300ml water. Bring to a simmer and cook for 5 mins, shuffling the pan occasionally – when ready, the lentils should be loose and a little brothy (but not soupy). Add two-thirds of the chopped parsley leaves, two-thirds of the mint, 1 tbsp more oil and 2 tsp of the vinegar. Simmer for 2 mins, then reduce the heat to low just to keep warm.
3 Meanwhile, heat 2 tbsp of the oil in a large frying pan over a medium-high heat. After 45 seconds or so, fry the breadcrumbs for 3-4 mins, tossing to coat and stirring occasionally until golden. Reduce the heat to low, stir in the remaining garlic and parsley leaves, cook for 1 min, then transfer to a bowl. Wipe the pan clean with kitchen paper.
4 Heat another 1 tbsp oil in the pan over a medium-high heat and cook the radicchio leaves for 1 min, turning often using tongs until they become glossy and slightly wilted (you may need to do this in batches at first, then put all the leaves in the pan once they've all wilted). Make a gap in the middle using a spoon and add the rest of the vinegar along with 1 tbsp water. Turn off the heat and quickly stir the leaves around the pan to wilt further in the steam. Season with sea salt and the remaining mint.
5 Divide the lentils between two shallow bowls or plates. Drizzle with a little more oil, top with the leaves and any pan juices, and scatter over the crumbs to serve.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 574 kcals • fat 30g • saturates 4g • carbs 52g • sugars 6g • fibre 11g • protein 18g • salt 1g

Award-winning food writer **Ed Smith** is known for his forward-thinking approach to food. He has written many cookbooks, including *Crave*, *On the Side* and his latest, *Welcome to our Table*, a non-fiction book for children co-authored with his wife Laura Mucha. Ed is a regular contributor to BBC Good Food as well as national newspapers.

Opt for planet-friendly lentils

Shoot director LAURIE NEWMAN | Food stylist LIZZIE HARRIS | Stylist MYLES NEW

Tom Kerridge's

Easy venison keema

Consider using sustainable, low-fat game mince to change things up at the dinner table

photographs ELLA MILLER

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist HANNAH WILKINSON

Calling all carnivores! If there's one New Year's food resolution, I think it should be to expand on the variety of meats you eat, and try and eat more game when it's in season. When it comes to game I think it needs a bit of a 'rebrand' – it has a reputation for being only suitable in classic dishes that are celebratory, take a lot of work and are ladened in heavy sauces and rich sides. But, if you take this keema for example, game takes on spice as well as any other meat and can be very quick to cook. As well as all that, my quick curry can be made ahead or batch-cooked if you like, and it freezes well, too. There are a lots of reasons why you should be eating more venison and game.

> *Expand on the variety of meats you eat, and try more game when it's in season*



Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at *bbcgoodfood.com/podcast*.
@ChefTomKerridge

One-pan venison keema

For maximum fragrance, I like to make my own spice mixes from whole spices, but if you're short on time, then just add 1 tbsp of your favourite curry powder instead.

SERVES 4 PREP 5-10 mins
COOK 25-30 mins EASY

For the spice mix
1 tsp coriander seeds
½ tsp black peppercorns
1 tbsp cumin seeds
½ tsp ground turmeric
½ cinnamon stick, broken up
2 cloves
3 cardamom pods, crushed
2 dried bay leaves
For the keema
3 tbsp sunflower oil
500g venison mince
1 onion, finely chopped
4 garlic cloves, finely chopped
thumb-sized piece of ginger, finely chopped
½ x 400g can chopped tomatoes (freeze the rest) or 227g can chopped tomatoes, or use 2 medium fresh tomatoes, chopped
1-3 green chillies (depending on how much heat you prefer), finely sliced
100g frozen peas
handful of mint leaves, roughly chopped
handful of coriander leaves, roughly chopped
naan, chutney and rice, to serve

1 Put all the spices in a deep frying pan or shallow casserole and toast over a medium heat for a few minutes until fragrant. Remove from the heat and crush to a fine powder using a pestle and mortar.
2 Drizzle the oil into the same pan and place over a medium-high heat. Cook the venison for 10 mins until crisp – if the meat releases some liquid while it cooks, keep cooking until the liquid evaporates and the mince starts to brown. Add the onion and sizzle everything for another 5 mins until the onion has softened. Stir in the garlic and ginger and cook for 3-4 mins more. Stir in the spice mix and tomatoes, and continue cooking for 2 mins.
3 Pour over 200ml water and bring to a simmer, then bubble until the liquid is reduced by half. When the mixture is thick and saucy, scatter in the chillies and peas and warm through until the peas are completely defrosted. Season, then stir through the herbs just before serving. Serve with garlic yogurt and quick pickled red onions (see recipes, right) along with naan, chutney, and steamed basmati rice, if you like.

GOOD TO KNOW healthy • iron • 1 of 5-a-day
PER SERVING 278 kcals • fat 13g • saturates 3g • carbs 9g • sugars 6g • fibre 4g • protein 30g • salt 0.3g

5 more ideas

•Garlic yogurt
A yogurt-based sauce works well alongside the heat of the chilli and the richness of the venison. Mix **150g plain yogurt** with **2 crushed or finely grated garlic cloves** and about **1 tbsp finely chopped coriander stalks**. Season with salt and pepper.

•Quick pickled red onions
I love the burst of freshness this easy pickle brings to everything. Finely slice **1 red onion** and scrunch in a bowl with a large pinch of salt, a **small pinch of white caster sugar** and **1 tsp cumin seeds**. Squeeze over the **juice of ½ lemon**, then leave to stand for 10 mins.

•Lamb or beef
I've made this recipe to show how versatile venison is, but if it's hard to find, then use **lean beef or lamb mince** instead.

•Keema samosas
Any leftover mix can be stuffed into venison samosas or venison curry puffs using a **sheet of shop-bought puff pastry**. Simply bake according to pack instructions.

•Spiced cottage pie
Boil **4 sweet potatoes** along with **4 normal potatoes** until soft, then mash with a **knob of butter**. Spread this over any leftover spiced mince in a pie dish, top with **grated cheddar**, then bake until golden brown.





BBC goodfood PLANET FRIENDLIER

Grow it, *cook it*

We've teamed up with our friends at BBC Gardeners' World to bring you a new series – discover tips for growing your own from expert **Adam Frost**, and ideas on how to cook your harvest from our food director **Cassie Best**



Adam Frost is an award-winning British garden designer, presenter on BBC Two's *Gardeners' World* and also appears on BBC coverage of the RHS Flower Shows. *@adamfrostdesign*

Savoy cabbage

This cruciferous veg is a versatile addition to winter menus, bringing delightful crunch and subtle sweetness. It's also packed with nutrients, like vitamins C and K.

Slow-roasted lemon & tomato butter Savoy with garlic & dill yogurt

Make the cabbage the star of the show with this spiced veggie main.

SERVES 4-6 **PREP** 10 mins
COOK 40 mins **EASY** V

100g butter, softened
2 tbsp sundried tomato paste
2 small preserved lemons (or 1 large), seeds and flesh discarded, rind finely chopped
½ tsp pul biber (chilli flakes), plus extra to serve
1 tsp cumin seeds
1 small Savoy cabbage
200g Greek-style yogurt
1 garlic clove, finely chopped
10g dill, finely chopped
flaked almonds, to serve
cooked rice, to serve

1 Mash the butter, tomato paste, preserved lemon, chilli flakes and cumin with some seasoning. *Will keep covered and chilled for a week.*
2 Cut the cabbage through the core into 6-8 wedges. Spread half the spiced butter over the base of a large ovenproof dish and tuck the wedges on top. Use your hands to spread the rest of the butter over the cabbage, working it in between the leaves.
3 Heat the oven to 180C/160C fan/gas 4. Add 100ml water to the dish and cover tightly with foil. Roast for 35 mins, then remove the foil and return to the oven for 15 mins until the cabbage has caramelised.
4 Meanwhile, mix the yogurt, garlic and most of the dill with a pinch of seasoning. Spoon the cabbage juices over the top of each wedge, scatter with the remaining dill, extra pul biber flakes and flaked almonds. Serve the cabbage with the garlic yogurt and cooked rice, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING (6) 195 kcals • fat 17g • saturates 11g • carbs 5g • sugars 4g • fibre 2g • protein 4g • salt 0.5g

ADAM'S ADVICE ON GROWING YOUR OWN

Sowing season

- Different cabbages can be sown at different times of year. For best results, sow seeds indoors in pots or trays, 2cm deep, and put on a sunny windowsill. After about five weeks, plant the young cabbages outdoors.

Planting out

- Cabbages do best in a sunny spot with moist, alkaline soil that has had plenty of well-rotted organic matter added, such as garden compost.
- Spacing requirements vary, depending on the type of cabbage: grow spring cabbages 25cm apart, with 30cm between rows; summer cabbages 38cm apart, with 30cm between rows; autumn cabbages 45cm apart, with 45cm between rows; and winter cabbages 45cm apart, with 60cm between rows.
- The tried-and-tested way of planting brassica crops (which include cabbage, cauliflower, kale, turnips and brussels sprouts) is to grow them in very firm soil. Adam says, "I push down the soil as firmly as I can – this gives the cabbage root something to anchor into."

Harvest

- After about 20 weeks, use a sharp knife to cut the cabbage. It's a good idea to leave a 10cm stalk, as you may get a smaller second crop from it. Simply score a shallow cross in the stump to encourage smaller cabbages to form.

Kale

Versatile in salads, smoothies and stir-fries, kale adds a satisfying crunch and earthy flavour. This robust leafy green is rich in vitamins A, C and K, plus calcium, making it a favourite ingredient with the health-conscious cook.

Zesty kale & blood orange tabbouleh

Tabbouleh is a chopped herb and grain salad hailing from the Middle East. Full of texture and flavour, it's the ideal dish to wake up your tastebuds.

SERVES 2 **PREP** 20 mins
NO COOK EASY V

2 tsp coriander seeds
1 tsp pul biber, plus extra to serve
1 lemon, zested and juiced
3 blood oranges, juiced, plus 1 zested
1 tbsp white balsamic, or 2 tsp white wine vinegar
2 tsp Dijon mustard
1 tsp honey
4 tbsp extra virgin olive or cold-pressed rapeseed oil, plus a drizzle
100g kale
250g cooked grains, such as quinoa or bulgur wheat
½ red onion, thinly sliced
50g pistachios, shelled and roughly chopped
100g pitted green olives, roughly chopped
10g each mint, dill and parsley, roughly chopped
100g feta (vegetarian, if needed), crumbled

1 Tip the coriander seeds into a dry frying pan and gently toast over a medium heat, shaking the pan regularly until aromatic. Lightly crush using a pestle and mortar, then transfer to a large bowl. Add the pul biber, lemon zest and juice, orange zest, vinegar, mustard, honey, oil and a pinch of salt.
2 Use a small, serrated knife to cut the peel and pith away from the zested orange, then cut between each segment and the membrane to release the segments – do this over the bowl of dressing to catch any drips of juice and put the orange segments into a separate bowl. Squeeze any remaining juice from the membrane into the dressing.
3 Remove any tough stalks from the kale (these can be used in another recipe – see tip, below). Rip or chop the leaves into smaller pieces and add them to the dressing. Toss the kale through the dressing with your hands and lightly scrunch the leaves to soften a little. Leave for 10 mins.
4 Add the grains, onion, pistachios and olives and toss together. *Will keep covered and chilled for up to two hours.* Toss in the herbs and transfer to a platter for serving. Top with the orange segments, crumbled feta, a drizzle of oil and a sprinkling of chilli flakes.

GOOD TO KNOW calcium • folate • vit c • 2 of 5-a-day
PER SERVING 889 kcals • fat 58g • saturates 14g • carbs 59g • sugars 19g • fibre 16g • protein 24g • salt 3.7g

gf tip
DON'T THROW YOUR STALKS AWAY
Tough kale stalks often end up in the bin, but with the right treatment, they can bolster a veggie pie, pasty filling, hearty soup or curry. Finely chop them and add to your recipe at the same time as other hardy veg such as carrots, onion and celery.



ADAM'S ADVICE ON GROWING YOUR OWN

Sowing season

- Seeds can be sown in modules, indoors or outdoors in warmer weather and transplanted six to eight weeks later.

Planting out

- Seedlings should be planted firmly into moist but well-drained soil, in full sun to partial shade.
- Add well-composted manure to the soil before planting. A good mulch is also helpful to keep plants moist and weed-free. Remove any flower shoots to encourage the production of plenty of healthy leaves.

Harvest

- Kale can be grown as a cut-and-come-again crop. Young tender leaves can be harvested for salads. If left to mature for winter greens, plants can be left in the ground through the winter months and picked as required for soups and stews.

Broccoli

Like cabbage and kale, broccoli is part of the brassica family. The large heads of deep green buds and thick stems that we know and love were first developed from more loosely packed purple sprouting broccoli. It's worth looking out for those thin-stemmed varieties when they come into season.

Tahini miso noodles with crispy broccoli & sausage

A deeply umami, soupy bowl of noodles makes the perfect vehicle for broccoli. The crispy chilli oil topping makes such a difference, it's well worth investing in a jar.

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY**

3 sausages, skins removed
2 tsp soy sauce
2 tsp sugar
8-10 spears thin-stemmed broccoli, halved if long, or a small head of regular broccoli, cut into florets
2 tsp sesame oil
1 tsp toasted sesame seeds
1 large garlic clove, crushed
15g ginger, grated
4 spring onions, finely sliced, white and green parts separated
2 tsp miso paste
2 tbsp tahini
200g cooked udon noodles
crispy chilli oil, to serve (optional)

1 Heat a frying pan over a medium heat and fry the sausagemeat for 8-10 mins, or until brown and crispy, breaking it up with a spoon. The sausagemeat will release fat as it cooks, so there's no need for oil. Add 1 tsp of the soy sauce and 1 tsp of the sugar and cook for another minute, then use a slotted spoon to scoop the meat out of the pan and set aside on a plate.

2 Heat the oven or an air-fryer to 180C/160C fan/gas 4. Toss the broccoli in the sesame oil, sesame seeds and a pinch of salt and pepper. Arrange on a baking tray or put in the basket of the air-fryer. Cook for 12-15 mins until crispy, turning the pieces over halfway.

3 Meanwhile, add the garlic, ginger, white parts of the spring onion, miso and remaining soy and sugar to the pan over a medium heat and cook for a few minutes, then add a splash of water to help deglaze the pan (lifting the sticky bits off the bottom). Add the tahini and 200ml water, and stir for a couple of minutes to bring the flavours togther.

4 If using ready-cooked noodles, heat them following pack instructions, then add to the sauce and simmer gently for 1-2 mins, adding a splash more water if needed – the sauce should be loose and soupy. Reheat the crispy sausage in a microwave or frying pan, if necessary. Transfer the noodles to shallow bowls and pour over the sauce. Top with the sausage, broccoli, spring onion greens and a little crispy chilli oil, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 584 kcals • fat 29g • saturates 7g • carbs 45g • sugars 12g • fibre 15g • protein 29g • salt 2.6g



ADAM'S ADVICE ON GROWING YOUR OWN

Sowing season

- If you have a greenhouse, you can start sowing broccoli seeds in modules or small pots, from late winter. Otherwise sow from early spring. For a steady crop across the season, sow seeds every six weeks.
- Sow two seeds per pot or module, then thin to the stronger one when the seedlings have appeared and keep watering and feeding until the plants have four or five leaves. By this stage the broccoli plants are ready to plant out.

Planting out

- Broccoli does best in fertile alkaline soil, in full sun. Add slow-release fertiliser or well-rotted compost or manure to prepare the beds. Plant broccoli 30cm apart and 45cm between rows, so there's plenty of space for side shoots to develop. Firm in well. Water regularly and feed with a high-nitrogen fertiliser every two weeks.

Harvest

- Depending on the type of broccoli you're growing, you can start cutting spears about 12 weeks after sowing. Cut the main, central head first, which will trigger the development of side shoots. Then continue to cut the side shoots regularly over the next four to six weeks.

new series!

MELISSA THOMPSON

Cooks the books

Our columnist ***Melissa Thompson*** recreates a recipe from one of her favourite cookbooks. This month, she makes Tim Anderson's ramen

words MELISSA THOMPSON ***recipe*** TIM ANDERSON

One of my biggest bugbears in cookbooks is dishonesty: being told it'll take 10 minutes to caramelise onions when really it's a good half hour, being offered substitutes for ingredients that don't really live up to the original.

Tim Anderson's seventh cookbook, *Ramen Forever*, does none of that. Part cookbook, part manual, it's a deep-dive into this lauded, ubiquitous Japanese dish – and now has me questioning every bowl I've ever eaten, wondering, 'was it really ramen?'

As Tim explains, ramen must contain certain elements to earn that name. One example is kansui, a chemical compound in noodles that gives bounce and chew. Without kansui, Tim explains, it isn't ramen. But, getting hold of kansui is difficult, and Tim offers no substitute – because there is none. I applaud this, because if we want to cook foods from around the world, then we should do it properly.

The book breaks down the different elements, from the broth to the toppings, noodles and oils. There are recipes for them all – from the rich, toothsome tonkotsu, to the enveloping viscosity of tsukemen.

Anderson, who won *MasterChef* in 2011, has a wealth of knowledge about Japanese food. His approach is almost contradictory: he's keen for people to do things properly, yet encourages them to have fun – so long as they remain respectful. As a result, there are recipes for both Pizza and Full English Tantanmen.

For my bowl I made an Old School Shio Ramen but with a chicken and pork paitain (cloudy) broth. It took a full day's cooking and was probably the most involved recipe I've ever attempted. Was it worth it? Absolutely. The satisfaction of cooking a rich, cloudy broth served with proper ramen noodles was high.

So now I know a lot about ramen, and I'll never complain about the price of a restaurant bowl again. Not everything in the book is as complicated as this though. The Nothing Special Ramen is a good starting-off point, and just as delicious. Give it a try.

Nothing Special Ramen

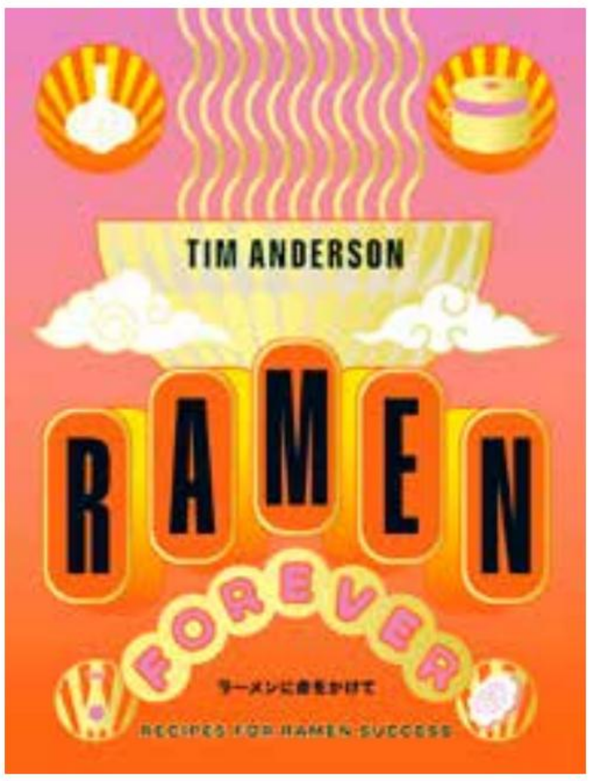
SERVES 1 **PREP** 15 mins
COOK 20 mins **EASY** P

20g lard
80g minced pork
2 anchovies
½ onion, thinly sliced
handful of ready-to-eat beansprouts
2 garlic cloves, grated
1 tbsp sesame oil
2 tbsp red miso
1 tbsp sugar
1 tbsp non-alcoholic white wine
1 tbsp tomato purée
2 tbsp shoyu (soy sauce)
1 tbsp peanut butter or tahini
a pinch each of white pepper and smoked paprika
1 tbsp grated parmesan or cheddar
1 portion shop-bought noodles
pinch of sesame seeds
1 spring onion, thinly sliced
chilli oil, to taste (optional)

1 In a wok or medium saucepan, melt the lard over a high heat and add the pork mince, anchovies and onion. Stir-fry for a few minutes, breaking up the anchovies as you go, until the pork is cooked through and the onion has begun to soften.
2 Toss in the beansprouts and garlic and stir-fry for another 1-2 mins, then tip everything out into a bowl. Add the sesame oil to the pan and set over a medium heat, then add the miso and sugar, and fry for a few minutes until the aroma becomes rich and caramel-like.
3 Stir in the non-alcoholic white wine, tomato purée, shoyu and peanut butter or tahini, and cook for another few minutes, then add the pepper, paprika, cheese and 500ml water.
4 Bring to the boil, add the noodles and cook them to your liking. Once they're done, taste the broth and add salt or more water as needed – different noodles will absorb different amounts of liquid, so you'll have to adjust for this accordingly.
5 Transfer the broth and noodles to a bowl, top with the stir-fried pork mince and garnish with the sesame seeds and spring onion. Add chilli oil to taste, if you like.



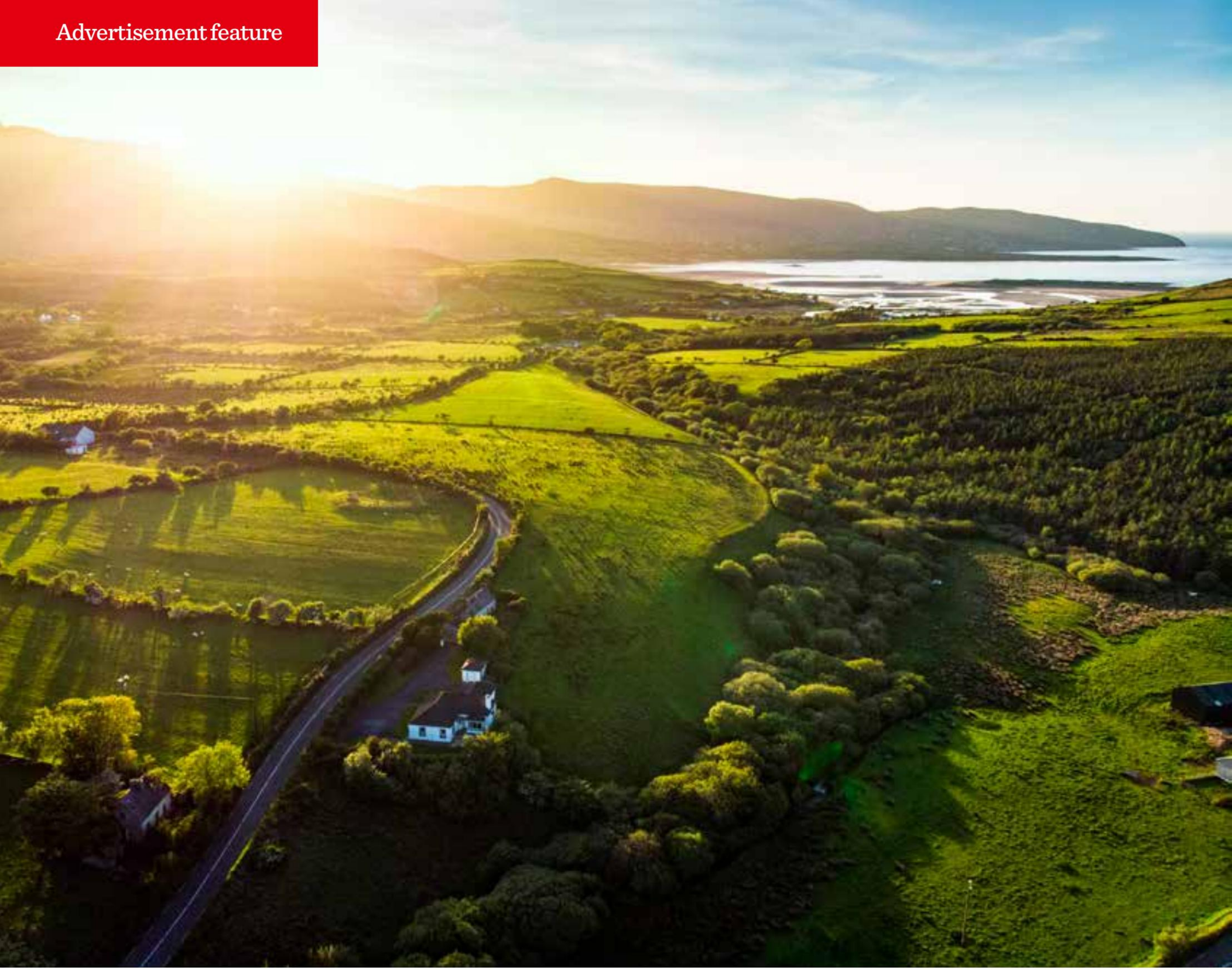
Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work on Good Food. Her debut book, *Motherland*, is out now.
@FowlMouthsFood



Recipe extracted from *Ramen Forever* by Tim Anderson, out now

gf voices

The Nothing Special Ramen is a good starting-off point. Give it a try



BORD BIA
IRISH FOOD BOARD

Ireland has always been synonymous with lush green fields, fresh, clean air, and plentiful rain. This key natural advantage creates the perfect environment for rearing cattle and allows grass-based beef and dairy production to flourish across the island. While this has always been Ireland's farming practice, globally consumers are now placing greater emphasis on food provenance and as a result this natural advantage has become a key selling point for Irish businesses and a source of pride for the people of Ireland.

Bord Bia (Irish Food Board) is the Irish government agency that manages the promotion, trade development and marketing of the Irish food, drink, and horticulture industry. Headquartered in Dublin, Bord Bia supports the national and international ambitions of Irish food, drink and horticulture businesses through its highly focused organisational structure and its worldwide network of offices.

Today, the global food and drink industry faces enormous challenges, and the demand for sustainable food products continues to grow amongst consumers. Twelve years ago, Bord Bia recognised these concerns and in 2012 began addressing this issue when they launched the sustainability programme Origin Green, a national programme that brings together farmers, food manufacturers and food exporters to become more sustainable in food production. The objective remains clear: to have every farm and food manufacturing business in Ireland, on the road to sustainable production to ensure a safe, secure, and continuous source of quality food and drink. Independently verified, it enables Ireland's producers, to set and achieve measurable sustainability targets – reducing environmental impact, serving local communities more effectively and protecting the extraordinary rich & natural resources that the country enjoys. Of the €440m worth of Irish food and drink exported to the Middle East in 2023, over 90% of that came from Origin Green members.

Bord Bia will be exhibiting with stands in the Dairy Hall (stand D2-34) and World Food Hall (stand S3-C24) at this Gulfood 2024.


PRO
PRO CHEF










organic
Irish
FRANKS


Le Fumoir
viya
KUTO
FREMANTLE
OCTOPUS
PRO CHEF YEAR
DUBAI
MUD HOUS

TV chef



Philip Khoury's perfect pie

The food writer, pastry chef and *Saturday Kitchen* guest shares his planet-friendlier take on a classic

At the tastiest peak of apple season, we find ourselves in the depths of winter. Using local and seasonal fruit is the first step towards making the most of the season's bounty (peak sweetness is when starch in the fruit has converted to sugar, resulting in the tastiest apple pies, and the benefit of a reduced carbon footprint). I love preparing a plant-based recipe with extra virgin olive oil pastry, or even more local cold-pressed/virgin rapeseed, sunflower or groundnut oil in the pastry. This simple switch in a recipe results in a decadently short, flaky crust, and further reduces the carbon footprint of your recipe. This recipe also borrows a method from the apple pie in my book (right), where I reserve the skins and chop them finely; this sneaks in up to 312% more vitamin K, 70% more vitamin A, 35% more calcium and potassium, and 30% more vitamin C than peeled fruit alone.



Philip Khoury is head pastry chef at Harrods and an award-winning pâtissier and chocolatier. His new book, *A New Way to Bake*, is out now.

Apple pie with flaky olive oil pastry

SERVES 8-10 **PREP** 1 hr 15 mins plus chilling and cooling **COOK** 1 hr 30 mins **MORE EFFORT** V

1.1kg apples, peeled and cored (keep the peel), flesh cut into 1-2mm slices
130g caster sugar
2 tsp ground cinnamon
1 tsp vanilla bean paste
½ lemon, zested and 1 tbsp juice
30g cornflour

For the pastry
450g plain flour
30g caster sugar
180ml olive oil

To finish
plant-based milk, to glaze
2 tbsp demerara sugar, for sprinkling
vegan ice cream or cream, to serve

1 Prepare the pastry by mixing the flour, 1 tsp fine salt and the sugar together in a large bowl. Pour in the the olive oil and use your hands or a silicone spatula to mix it into the flour until golden brown with no specks of flour remaining. Pour in 75ml cold water and mix until a smooth dough has formed. Chill the pastry for 20 mins.

2 Put two-thirds of the dough between two sheets of baking parchment, then roll out into a large disc until 2-3mm thick and about 30cm in diameter. Roll out the remaining third of pastry between two sheets of baking parchment into a smaller 25cm disc that is 3mm thick, and put in the fridge.

3 Use the larger disc of pastry to line a 23cm tart tin by removing the top sheet of baking parchment and gently placing the tin on top of the pastry as a guide. Use a small, sharp knife to trim the pastry around the tin, allowing for at least a 3cm border, then remove the tin. Use the bottom sheet of baking parchment to help flip the pastry gently into the tin, then carefully ease into the shape of the tin with your fingertips and set aside. Prick the base with a fork, then cover the pastry case with baking parchment and chill.

4 To prepare the filling, either chop the apple peel finely by hand or blend in a small food processor until finely chopped and set aside.

5 Tip the apple slices into a large bowl with the sugar, cinnamon, vanilla, lemon juice, zest and cornflour, and toss the apples gently until everything is combined. Leave to stand for 20 minutes to macerate.

6 Heat the oven to 200C/180C fan/gas 6. Arrange the finely chopped apple peel on the cooked pastry base, then gently layer the sliced apples on top, stacking to fill all the gaps. There will be some liquid leftover from the apples, so stir to agitate any settled cornflour and drizzle it slowly over the pie. You can push the apples into a slight domed shape, if you like.

7 Brush the overhanging edge of the pie crust with water, then put the smaller disc of pastry over the apples and press the edges together. Trim and crimp the edges.

8 Brush some-plant based milk over the pastry and sprinkle some demerara sugar on top for crunch. Use a sharp knife to make some steam holes – I like to do one in the centre, then six in a little burst radiating from it. Bake for 25 mins, then rotate and bake for another 25-35 mins until golden.

9 Remove from the oven and leave to stand for at least 30 mins before removing from the tin. This pie is best left at room temperature until cooled, then gently rewarmed to serve. *After baking, the pie can be chilled for four days and rewarmed. If freezing, defrost in the fridge overnight, then warm through in the oven at 180C/160C fan/gas 4 for 10-15 mins.* Serve with vegan ice cream or cream.

Make the most of the season's bounty

GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING (10) 431 kcals • fat 17g • saturates 3g • carbs 62g • sugars 25g • fibre 3g • protein 5g • salt 0.5g

Photograph TOM REGESTER | Shoot director FREDDIE STEWART
Food stylist LIBBY SILBERMANN | Stylist FAYE WEARS

Reclaim your
weekend
Cook mindfully

Get set for the week

Keep that Monday feeling at bay with our lifestyle tips, including filling your lunchbox with something vibrant and health-giving

recipe SARA BUENFELD ***words*** EMMA HARTFIELD ***photograph*** TOM REGESTER

15mins

Set aside a short amount of time before bed to work through any concerns about the following day. Using this 'worry time' to note down issues and figure out how you're going to approach the day ahead can stop any anxiety from taking over and affecting your sleep.

Foods for calm

Keeping your blood sugar levels stable will reduce feelings of irritability. Here's what to eat:

Green leafy vegetables are packed with magnesium, which helps regulate blood sugar and improves sleep.

Porridge for breakfast is a better choice than high-sugar cereals or pastries, as it won't give the same sugar spike and subesequent dip.

Coffee is fine if you're used to it. But irregular caffeine increases the release of the stress hormone cortisol, so opt for decaf if you're not a daily drinker.

Beans and lentils are low-GI foods, meaning they release energy slowly and keep your blood-sugar levels more stable.

Snacks, especially low-GI wholegrains or nuts, can help if stress is affecting your appetite. Try not to skip meals as hunger pangs and sugar crashes will leave you more irritable than ever.

4 more ways to banish the winter blues

1 Regular exercise is known to boost your mood. Any activity is better than none, but it's best to find something you enjoy so it's easier to be active more often.

2 Reduced daylight in winter can cause a reduction in serotonin, and is believed to be a major cause of Seasonal Affective Disorder. Get out in the daytime as much as possible, which will have the additional benefit of regulating your natural body clock to help you get up in the morning.

3 To help you get even more exposure to light, keep your curtains open (and remove nets), and rearrange your furniture so you're able to sit by windows as much as possible. Maybe this change will be as good as a holiday?

4 An amino acid called tryptophan is needed for the body to make more serotonin. It's found in poultry, eggs, milk, cheese, nuts, seeds and fish. Dietary sources are the best way to increase your levels of tryptophan, although you could also try supplements.





Shoot director FREDDIE STEWART | Food stylist LIBBY SILBERMANN | Stylist FAYE WEARS

Make a mind-boosting lunch

Serotonin is sometimes called the 'happy hormone', because it plays an important role in managing your mood, appetite and sleep. More than 90% of our body's serotonin is produced in the gut, so a healthy digestive system is important. Fermented foods, like this sauerkraut recipe, are thought to give you a boost by increasing the levels of 'good' bacteria in your gut microbiome.



Beetroot & red cabbage sauerkraut

This is delicious in ham or cheese sandwiches and goes well with salads. To keep the probiotic benefits intact, avoid heating it.

MAKES 2 x 500ml jars **PREP** 30 mins plus at least 5 days fermenting
NO COOK V

320g raw beetroot, peeled and coarsely grated
450g very finely shredded red cabbage
1 small red onion (85g), finely chopped
2 tsp caraway seeds
1 heaped tbsp flaky sea salt

1 Tip all the ingredients into a large bowl, add 1-1 ½ tsp freshly ground black pepper, then scrunch it all together with your hands for 5 mins. You might want to wear gloves to avoid staining your skin with the beetroot juices.
2 Press the veg down in the bowl with your hands, then cover the surface and up the side of the bowl with a large sheet of compostable cling film or something reusable like a beeswax wrap. Now place another similar-sized bowl on top. Press down hard and add anything heavy (packs of rice or cans work well) to weigh it down so the juices rise to cover the surface. Cover again.
3 Leave to ferment at room temperature for at least five days, but for maximum flavour, leave for one-five weeks (until the bubbling subsides).
4 Check the sauerkraut. After a few days, you will see bubbles that have built up as it ferments. Give it a stir, then cover and weigh it down again as before. The cabbage will become increasingly sour the longer it's fermented, so taste it now and again. When you like the flavour, transfer it to sterilised jars and keep chilled. *Will keep chilled for up to six months.*

GOOD TO KNOW vegan • low fat • gluten free
PER TBSP 6 kcals • fat 0.1g • saturates 1g • carbs 0.8g • sugars 0.7g • fibre 0.5g • protein 0.3g • salt 0.3g

A few tips to ensure good results

Wash utensils and hands before starting, but avoid using an antibacterial handwash unless you rinse it off thoroughly, otherwise it'll affect the fermentation.

Don't use iodised salt as it will inhibit the growth of the good bacteria you want to encourage.

It's important to keep it at an even cool room temperature – too warm and the sauerkraut may become mouldy or ferment too quickly.

Once you pack it into jars, if you don't have enough brine to cover the veg, dissolve ½tsp salt in 100ml water over the heat, cool and use just enough to cover the surface.

Keeping the jars in the fridge should stop the veg fermenting, but if you see a build up of bubbles, open the jars now and then to allow air to escape, this is called 'burping'!

Nostalgic delight

Be transported back to your childhood with this classic pud

recipe SAUMEL GOLDSMITH *photograph* TOM REGESTER

Butterscotch pudding

MAKES 4-6 **PREP** 20 mins plus at least 4 hrs chilling
COOK 10 mins **EASY** V

2½ tbsp cornflour
3 egg yolks (freeze the whites for another recipe)
500ml whole milk
300ml double cream
50g butter
125g light muscovado sugar
grated dark chocolate, to serve (optional)

1 Whisk the cornflour and egg yolks together in a bowl or jug. Pour the milk and half the cream into a second jug and set both aside.

2 Melt the butter in a large saucepan over a low heat with the sugar until the sugar has melted, about 2-3 mins. Turn up the heat to medium and simmer for 1-2 mins to bring out the caramel flavours, being careful not to burn the sugar. Remove from the heat and gradually whisk in the cream mixture. Do this slowly and carefully, as the hot sugar mixture may spit a little.

3 Return to the heat and bring to a simmer, whisking continuously. Remove from the heat and spoon 3-5 tbsp into the egg yolk and cornflour mixture to loosen slightly, then tip it all into the saucepan, and whisk everything together. Return to a medium heat, whisking until the mixture comes to a simmer and begins to thicken into a custard. Remove from the heat and pour into four or six serving glasses or ramekins, then chill for 4 hrs or overnight until set.

4 Just before serving, whisk the remaining 150ml cream to soft peaks using an electric whisk, and pipe or spoon this over the puddings. Grate over some chocolate to serve, if you like.

GOOD TO KNOW gluten free
PER SERVING (6) 499 kcals • fat 39g • saturates 24g • carbs 31g • sugars 25g • fibre none • protein 5g • salt 0.3g

gf tip

For a flavour boost, add ½ tsp vanilla extract or 2 tsp non-alcoholic rum to the cream.

Shoot director FREDDIE STEWART
Food stylist LIBBY SILBERMANN | Stylist FAYE WEARS

family

Cosy & comforting!

In the colder months, warm up with these simple but hearty crowd-pleasing meals

recipes CASSIE BEST, AILSA BURT & SAMUEL GOLDSMITH *photographs* ELLA MILLER







Creamy halloumi & tomato curry

Halloumi has a bouncy texture similar to paneer that works wonderfully here. (If you're serving this to young children, you may want to halve the garam masala.)

SERVES 2-3 **PREP** 5 mins
COOK 20 mins **EASY** V ❄

225g block halloumi
2 tbsp flavourless oil (such as vegetable or sunflower oil)
1 large onion, chopped
2 garlic cloves, crushed
thumb-sized piece of ginger, grated
2 tsp ground cumin
2 tsp ground coriander
1 tsp turmeric
400g can chopped tomatoes
100ml double cream
80g fresh or frozen baby spinach
2 tsp sugar
1 tbsp garam masala
1 tsp nigella seeds
cooked rice, grains or naan, to serve

1 Cut the halloumi into bite-sized cubes and set them aside. Heat 1 tbsp of the oil in a large pan over a medium heat. Add the onion and cook for about 5 mins, or until it turns translucent.
2 Add the garlic and ginger to the pan. Cook for another 2 mins, stirring frequently, until they become fragrant. Stir in the cumin, coriander and turmeric, and cook for 2 mins more. Pour in the tomatoes and stir well. Simmer for 5-7 mins, or until the mixture thickens.
3 Reduce the heat and add the cream. Stir and simmer gently for 3-4 mins until thickened.
4 While the sauce is simmering, heat the remaining 1 tbsp oil in a separate pan over a medium-high heat. Fry the halloumi for 3-4 mins until golden brown on all sides.
5 Once the halloumi is browned, add it to the sauce along with the spinach, sugar and garam masala and stir to combine. Gently simmer for 5 mins until the spinach has wilted or defrosted. If the curry seems too thick, add a splash of water or more cream to loosen it. Scatter with nigella seeds and serve with rice, grains or naan.

GOOD TO KNOW calcium • 3 of 5-a-day • gluten free
PER SERVING (3) 575 kcals • fat 45g • saturates 24g • carbs 18g • sugars 14g • fibre 5g • protein 23g • salt 2.3g

Veggie sausage casserole

SERVES 4 **PREP** 15-20 mins
COOK 1 hr **EASY** **V**

2 tbsp olive oil
8 vegetarian sausages
1 large red onion, finely chopped
2 celery sticks, finely chopped
2 carrots, finely chopped
3 garlic cloves, finely chopped
1 tsp sweet smoked paprika
1 tsp fennel seeds (optional)
few sprigs of thyme, rosemary or sage
2 tbsp tomato purée
1 tbsp balsamic vinegar
400g can plum tomatoes
250ml vegetable stock
400g can butter beans
60g fresh vegetarian pesto
warm crusty bread, to serve (optional)

1 Heat the oil in a large flameproof casserole dish over a medium-high heat. Once shimmering, add the sausages and quickly stir to coat in the oil. Cook for 5-7 mins until browned all over, then scoop out and set aside on a plate. Turn the heat down to medium and stir in the onion, celery and carrot with a big pinch of salt. Cook for 8-10 mins until softened but not coloured.
2 Stir in the garlic, paprika and fennel seeds, if using, and cook for another 1-2 mins until fragrant. Stir in the herb sprigs and the tomato purée. Stir well to coat everything and cook for 5 mins until the tomato purée has caramelised and turned dark red. Add the vinegar, tomatoes, stock and beans, along with their liquid, then rinse out the tomato can with water and add that too. Bring to a simmer and return the sausages to the pan. Simmer gently for 40-45 mins, stirring frequently, until the sauce has thickened. Season to taste, fish out the herb sprigs and discard.
3 Drizzle over the pesto and serve with warm crusty bread, if you like.

GOOD TO KNOW low cal • fibre • 4 of 5-a-day
PER SERVING 300 kcals • fat 13g • saturates 2g • carbs 27g • sugars 13g • fibre 13g • protein 11g • salt 1.4g





Feel-good pasta soup

This take on pasta e ceci is like a hug in a bowl. It should be brothy, so add more water as it cooks if you need to. As it uses such humble ingredients, seasoning is key, and a drizzle of good olive oil and a scattering of hard, sharp cheese will really bring it to life.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V ❄

1 tbsp olive oil
1 onion, chopped
3 rosemary sprigs, chopped
3 large garlic cloves, crushed
2 tbsp tomato purée
pinch of chilli flakes, plus extra to serve (optional)
400g can chopped tomatoes
2 x 400g cans chickpeas, drained
150g short pasta, such as tubetti or macaroni
1 vegetable or chicken stock cube
25g parmesan, pecorino or vegetarian-style hard cheese, grated, plus a rind if you have one (see tip, right)
150g kale, spinach or cavolo nero, tough stalks removed and roughly chopped
1 lemon, zested, plus a squeeze of juice
2 tbsp extra virgin olive oil

1 Heat the oil in a large, deep pan over a medium heat. Add the onion and cook for about 5 mins, or until it turns translucent. Stir in the rosemary and garlic and sizzle for another minute, stirring to ensure the garlic doesn't burn. Add the tomato purée and a pinch of chili flakes, if using. Stir and cook for a couple of minutes.

2 Stir in the tomatoes, chickpeas and pasta. Crumble in the stock cube, add the parmesan rind, if using, and pour in 1 litre water. Season and stir, bring to a simmer and cook for 8 mins, or until the pasta is nearly cooked.

3 Add the kale, spinach, or cavolo nero to the pan, stirring until the leaves wilt, this should take just a few minutes. It should look soupy at this point, if the broth has thickened too much, add a little extra water. Add the lemon zest and half the grated parmesan, taste the broth and add a squeeze of lemon, pinch of chilli or a little more salt if needed.

4 Ladle into bowls, discarding the cheese rind. Top with the remaining grated cheese, another sprinkling of chilli flakes, if you like, and drizzle with the extra virgin olive oil.

GOOD TO KNOW vit c • iron • 3 of 5-a-day
PER SERVING 452 kcals • fat 15g • saturates 3g • carbs 54g • sugars 8g • fibre 12g • protein 19g • salt 0.9g

gf tip

Don't throw away your parmesan rinds, they add lots of flavour to humble dishes such as this. Throwing one in with the chickpeas and pasta enhances the umami flavours as it simmers. Remember to fish it out before serving.

Three-bean chilli

Batch-cook this on a chilly evening and keep some in the freezer for quickly heating up after a long day.

SERVES 6-8 **PREP** 20 mins
COOK 1 hr 20 mins **EASY** V

2 tbsp vegetable oil
2 onions, finely chopped
4 garlic cloves, finely chopped
2 yellow peppers, deseeded and roughly chopped
2 jarred roasted red peppers, drained and roughly chopped
15g coriander, stalks finely chopped and leaves left whole to serve
2 tsp ground cumin
1 tsp ground coriander
¼ tsp ground cinnamon
2 tsp dried oregano
1 tbsp light brown soft sugar
1-2 tbsp chipotle paste (optional)
400g can each black beans, kidney beans and cannellini beans
400g can chopped tomatoes
300ml vegetable stock
20g dark chocolate, roughly chopped
cooked rice, lime wedges, sliced avocado and soured cream, to serve

1 Heat the oil in a deep pan or flameproof casserole dish over a medium-low heat. Stir in the onion with a pinch of salt and cook for 10-12 mins until softened. Tip in the garlic and peppers and cook for 5 mins. Mix in the coriander stalks, spices, oregano, sugar and chipotle paste if using. Cook for a further 5 mins, until everything is well combined and softened. Pour in the beans, along with their liquid, the tomatoes and stock. Season well and bring to a simmer.
2 Leave to simmer on a low heat for 1 hr-1 hr 10 mins until thickened and reduced. Stir in the dark chocolate and season to taste. Serve over rice with lime wedges, avocado, soured cream and coriander on top.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING (8) 198 kcals • fat 5g • saturates 1g • carbs 25g • sugars 10g • fibre 10g • protein 9g • salt 0.4g

gf tip
The chilli can be repurposed in lots of different ways, try wrapping it in tortillas, place in a baking dish, spoon over a pre-made tomato sauce, and top with lots of grated cheddar and bake for 30-40 mins for hearty enchiladas.



Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist HANNAH WILKINSON

Chicken & bacon pie

SERVES 6-8 **PREP** 30 mins
COOK 50 mins-1hr **EASY** ❄ P

1 tbsp flavourless oil (such as vegetable or sunflower oil)
500g chicken breasts or skinless and boneless thighs, roughly chopped
200g streaky bacon, roughly chopped
1 onion, roughly chopped
2 carrots, roughly chopped
1 celery stick, finely chopped
1 bay leaf
few sprigs of thyme
150ml white wine
1 tbsp wholegrain mustard
2 tbsp flour
250ml chicken stock
150ml double cream
320g pack ready-rolled puff pastry
1 egg, beaten
peas or long-stemmed broccoli, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a large, lidded pan over a medium heat and fry the chicken and bacon until browned (the chicken does not need to be cooked through at this stage). Remove from the pan, leaving the oil behind, and set aside.

2 Tip the onion, carrots, celery, bay leaf and thyme into the pan, reduce the heat to medium-low, and cook with the lid on, stirring occasionally, for 10-12 mins until the carrot has softened a little and the onion is softened but not golden. Stir in the wine and cook for 2-3 mins to reduce a little. Tip the cooked chicken and bacon back into the pan and mix together. Stir in the mustard, then the flour, and cook for 1 min before pouring in the stock. Season, mix well and bring to a simmer. Reduce the heat and stir in the cream. Bring back to a simmer then turn off the heat and pour the mixture into a large ovenproof dish (ours was 23cm). *You can freeze the filling at this stage for up to three months, defrost fully and continue making the pie.*

3 Unwrap the puff pastry and, if needed, roll out a little more to ensure it will cover the dish. Cover the pie dish and remove any excess pastry before crimping the edges using your fingers. Use any excess pastry to decorate the top of the pie. Glaze the pastry all over with beaten egg, poke two holes in the top to allow steam to escape, then bake for 30-40 mins until golden. *The pie can be frozen, unbaked, for up to three months. Cook from frozen for 1 hr-1hr 15 mins. Ensure it's fully cooked through and cover with foil if it's browning too much.* Serve with peas or broccoli, if you like.

PER SERVING (8) 478 kcals • fat 30g • saturates 14g • carbs 22g • sugars 4g • fibre 3g • protein 24g • salt 1.5g

Wellness

makes all the difference

This Winter, let the rhythm of the tide guide you to Wellness

Tucked on the pristine shores of Palm Jumeirah, unwind, restore & rediscover yourself with our 24 hour Retreats, Ayurveda treatments, massages & more at The Retreat Palm Dubai MGallery by Sofitel.

ذا رتريت نخلة دبي
THE RETREAT
PALM DUBAI

GALLERY
BY
SOFITEL

health

Delicious recipes and top nutrition tips



nutritious lunches & dinners **p96**





satisfying breakfasts **p94**

satisfying breakfasts

Easy and nutritious, these breakfasts are guaranteed to keep you brimming with energy until lunchtime

Black forest breakfast bowl

Who would have thought the delicious flavours of a black forest gateau could be so healthy? We've combined cholesterol-lowering oats with soya yogurt for their heart-healthy benefits, and nuts, seeds and berries add to the recipe's heart-friendly credentials.

DAIRY FREE

SERVES 6 **PREP** 5 mins
NO COOK EASY V

500g bag black forest frozen fruit mix, thawed
180g porridge oats
800g fortified soya yogurt
6 tbsp almond butter
15g 85% dark chocolate, chopped
6 tsp toasted three-seed mix
handful of mint leaves (optional)

1 Put 300g of the fruit in a bowl with the oats and yogurt. Blitz with a hand blender until very smooth. Divide between six bowls, then top each bowl with the reserved berries, nut butter, chocolate and seeds.
2 Serve straightaway or cover and chill until ready to eat. *Will keep chilled for four days.* To serve, scatter over the mint, if using.

GOOD TO KNOW vegan • healthy • calcium • vit c • fibre • 1 of 5-a-day
PER SERVING 337 kcals • fat 16g • saturates 2g • carbs 31g • sugars 10g • fibre 8g • protein 13g • salt 0.2g

Winter breakfast hash

A diet rich in fruit and veg, especially crucifers like sprouts, may help lower blood pressure, reduce the risk of heart-related diseases and support our fight against some kinds of cancer.

3 OF 5-A-DAY

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** V

375g potatoes, cut into small chunks
1 tbsp rapeseed oil
1 onion (about 200g), chopped
½ tsp caraway seeds
2 garlic cloves, chopped
1 green pepper, deseeded and diced
200g large brussels sprouts, trimmed and sliced
2 eggs

1 Boil the potatoes for 15 mins until tender. Meanwhile, heat the oil in a large non-stick frying pan over a medium heat and fry the onion for 8 mins, stirring frequently until starting to colour. Add the caraway, garlic, pepper and sprouts and cook for 5 mins more with the lid on the pan so they steam at the same time.
2 Drain and lightly crush the cooked potatoes using a masher. Stir them into the vegetables and cook for 5-10 mins, turning occasionally so the mixture browns.
3 Meanwhile, poach the eggs for a few minutes for a runny yolk or until cooked to your liking. Remove from the pan using a slotted spoon. Serve the hash topped with an egg each.

GOOD TO KNOW healthy • folate • vit c • fibre • 3 of 5-a-day • gluten free
PER SERVING 370 kcals • fat 13g • saturates 2g • carbs 42g • sugars 12g • fibre 12g • protein 15g • salt 0.2g

Make it vegan!

Use **250g potatoes** and cut **140g extra firm tofu** into cubes. Fry with the onions and sprouts. Top with **2 tomatoes**, halved and fried in **a little oil** instead of using the eggs.

GOOD TO KNOW vegan • healthy • low fat • calcium • folate • vit c • fibre • 4 of 5-a-day • gluten free
PER SERVING 352 kcals • fat 12g • saturates 2g • carbs 36g • sugars 15g • fibre 14g • protein 17g • salt 0.06g



Cinnamon porridge with baked bananas

We've added fibre-rich bananas and bio yogurt to this porridge as it's rich in beneficial bacteria. Including live yogurt regularly in your diet may support the digestive system and aid immune defences.

LOW FAT

SERVES 2 **PREP** 5 mins
COOK 8 mins **EASY** V

80g porridge oats
150ml semi skimmed milk
½ tsp ground cinnamon
1 large ripe banana (120g), halved lengthways and cut in half
½ orange, zested and juiced
200g plain bio yogurt
2 tsp toasted three-seed mix

1 Put the oats, milk, 450ml water and cinnamon in a pan. Bring to the boil, then turn the heat to low, stirring often, for 5 mins until thickened.
2 Meanwhile, put the bananas in a dish with the orange zest and juice. Cover and microwave on high for 1½-2 mins until softened. Tip the porridge into bowls and top with the yogurt, bananas and seeds.

GOOD TO KNOW healthy • low fat • calcium • vit c
PER SERVING 360 kcals • fat 9g • saturates 3g • carbs 52g • sugars 23g • fibre 5g • protein 14g • salt 0.3g

Make it vegan!

Use **2 x 80g bananas**, 300ml water and **300ml fortified soya milk** to replace the milk, and use **soya yogurt**.

GOOD TO KNOW vegan • healthy • low fat • calcium • folate • vit c • fibre • 4 of 5-a-day gluten free
PER SERVING 352 kcals • fat 12g • saturates 2g • carbs 36g • sugars 15g • fibre 14g • protein 17g • salt 0.06g



nutritious lunches & dinners

Many of our suppers will convert into a lunch to enjoy later in the week. Most are portable, too – ideal if you want to pack a lunch for work



Puy lentils with seared salmon

Eat half of the lentils here with the salmon, then save the rest for the puy lentil salad, on page 52, and our vegan recipe, opposite. The NHS recommends that we eat oily fish once a week – this includes salmon, as it's high in long-chain omega-3 fatty acids, which may help keep your heart healthy, hormones balanced and aid brain function.

HIGH PROTEIN

SERVES 2 **PREP** 15 mins
COOK 40 mins **EASY**

160g dried puy lentils or lentilles vertes
2 bay leaves
2 tbsp rapeseed oil, plus extra for cooking the salmon
2 onions (350g), finely chopped,
180g celery, thinly sliced
320g carrots, finely diced
2 tbsp soft thyme leaves
1 tbsp wholegrain mustard plus 1 tsp
2 tbsp raw apple cider vinegar
10g flat-leaf parsley, chopped
2 skin-on salmon or trout fillets (260g)
balsamic vinegar, for drizzling

1 Put the lentils in a pan of water with the bay leaves and bring to the boil. Continue to boil for 10 mins, then turn down the heat to medium-low and cook for 20 mins more until the lentils are tender.
2 Meanwhile, heat the oil in a large non-stick pan. Add the onion and fry over a high heat, stirring frequently, until softened. Add the celery, carrots and thyme. Put the lid on, turn down the heat and cook for 10 mins more, stirring now and then until the vegetables are tender.
3 Drain the lentils and add to the vegetables along with 1 tbsp of the mustard and the vinegar. Measure half the lentils to set aside and use for lunches later in the week (the lentil salad on page 52 and the lentil recipe opposite). Toss the parsley through the lentil and veg mix.
4 Spread 1 tsp mustard over the top of the salmon. Wipe a non-stick pan with a drop of oil and cook the salmon skin-side down for about 6 mins. Flip the salmon over and cook 4 mins more until cooked through. Serve with the lentils, along with a drizzle of balsamic vinegar.

GOOD TO KNOW healthy • iron • fibre • vit c • 3 of 5-a-day
PER SERVING 519 kcals • fat 25g • saturates 4g • carbs 29g • sugars 12g • fibre 12g • protein 38g • salt 0.7g

Make it vegan!

Lentils with soy & ginger tofu

Cut **260g extra firm tofu** into thick fingers. Mix **2 finely grated garlic cloves** with **2 tsp balsamic vinegar**, **2 tsp finely grated ginger**, and **2 tsp low-salt soy sauce** and use to marinate the tofu. Heat **1 tbsp oil** in a non-stick pan and fry the tofu on all sides until browned. Serve on half the lentils (see the recipe, left) and sprinkle with **4 tsp toasted three-seed mix.** Top with **a little fresh coriander** and **some chopped red chilli**. Keep the remaining lentils for the puy lentil salad on page 52.

GOOD TO KNOW vegan • healthy • calcium • iron • vit c • fibre • 3 of 5-a-day
PER SERVING 503 kcals • fat 25g • saturates 3g • carbs 32g • sugars 13g • fibre 14g • protein 30g • salt 0.9g



Tomato soup & hummus crispbreads

If you like to get organised for the week ahead, make this on Sunday as it keeps well in the fridge. We've packed in the veg, along with red lentils to add texture and protein.

DAIRY FREE

SERVES 4 PREP 10 mins
COOK 40 mins EASY V ❄

2 tbsp rapeseed oil
2 large onions, 325g, chopped
320g carrots, sliced
4 garlic cloves, chopped
1 tbsp smoked paprika
100g dried red lentils
690g bottle passata
1 litre vegetable stock made with 1 tbsp bouillon powder

For the hummus crisps
4 multigrain crispbreads
100g reduced-fat hummus
¼ cucumber, sliced
6 pitted Nocellara olives, sliced
pinch of thyme leaves
sprinkle of smoked paprika

1 Heat the oil in a large non-stick pan and fry the onions and carrots for about 10 mins, stirring occasionally, until softened.
2 Stir in the garlic and smoked paprika along with the lentils, and cook for about a minute more.
3 Pour in the passata and stock, bring to the boil, then cover and simmer over a medium heat for 30 mins, stirring occasionally until the vegetables are tender. Remove from the heat and whizz until smooth using a hand blender. Eat half now then reheat portions in a pan over a low heat with a dash of water until piping hot to eat another day. *Will keep chilled for up to three days.*
4 To serve alongside the soup, spread 2 crispbreads per person with half the hummus. Top with half the cucumber and scatter over half the olives, thyme and smoked paprika.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • 4 of 5-a-day
PER SERVING 403 kcals • fat 12g • saturates 1g • carbs 51g • sugars 20g • fibre 15g • protein 15g • salt 1.5g

Puy lentil salad with beetroot & walnuts

Walnuts are one of the most important food sources of plant compounds called polyphenols. These guard against inflammation and damage. The lentil base should already be in your fridge if you're following the diet plan, making this a very quick and easy lunch recipe.

READY IN 5

SERVES 2 **PREP** 5 mins
NO COOK EASY V

½ quantity of the lentil base from the puy lentils with salmon (p50)
2 cooked beetroots (160g), halved and sliced
8 walnut halves, roughly chopped
4 tbsp roughly chopped mint
2 handfuls of rocket
balsamic vinegar, for drizzling

1 Tip the lentils into two bowls or lunch containers and top with the beetroot, walnuts, mint and rocket.
2 Just before eating, drizzle with the balsamic vinegar and toss together.

GOOD TO KNOW vegan • healthy • iron • vit c • 4 of 5-a-day • gluten free
PER SERVING 495 kcals • fat 27g • saturates 3g • carbs 38g • sugars 19g • fibre 15g • protein 18g • salt 0.6g



Harissa vegetables with quinoa

Protein-rich quinoa and root veg are a great combo for battling winter bugs. Plus, ginger may help protect and heal the gut, while fermented coconut yogurt can help balance gut bacteria.

ALL OF YOUR 5-A-DAY

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY** V

1 tbsp rapeseed oil
2 red onions (160g), chopped
1 green pepper, deseeded and cubed
1 small sweet potato (200g), peeled and cut into chunks
2 large celery sticks (125g), cut into chunky slices
10g ginger, finely chopped
300ml vegetable stock made with 2 tsp vegan bouillon powder
1 tbsp harissa paste
2 tbsp tomato purée
2 dried apricots, quartered
10g coriander or parsley, chopped, plus a few extra leaves to serve
250g pack cooked red and white quinoa
4 tbsp coconut yogurt

1 Heat the oil in a non-stick pan and fry the vegetables and ginger for 10 mins, stirring frequently, until softened and starting to colour.
2 Stir in the stock, harissa, tomato purée and apricots. Bring to the boil, cover and simmer for 15 mins, then stir in the coriander.
3 Meanwhile, heat the quinoa following pack instructions. Serve with the veg and yogurt with a scattering of coriander leaves.

GOOD TO KNOW vegan • healthy • fibre • vit c • 5 of 5-a-day • gluten free
PER SERVING 523 kcals • fat 15g • saturates 5g • carbs 77g • sugars 22g • fibre 15g • protein 12g • salt 1.6g



One-pan beef stew with vegetable mash

Red meat gets a lot of bad press, but if it's lean and eaten in moderation, it's a valuable source of iron, zinc and B vitamins, while the protein may improve muscle growth and repair. If you're using a slow cooker, pre-fry the meat and veg, then add the other stew ingredients and cook on low for 5 hours.

ALL OF YOUR 5-A-DAY

SERVES 4 **PREP** 30 mins
COOK 2 hrs 15 mins **EASY** V ❄

2 tbsp rapeseed oil
600g pack lean diced beef
320g large chestnut mushrooms, quartered
2 bay leaves
2 tbsp thyme leaves
4 small red onions (320g), quartered
4 garlic cloves, thinly sliced
320g medium carrots, cut into chunky lengths
600ml vegetable stock made with 1 tbsp veg bouillon powder
4 tbsp tomato purée
broccoli and peas, to serve

For the mash

700g swede, peeled and cut into chunks
850g potatoes, peeled and cut into chunks

1 Heat the oil in a large non-stick pan and fry the beef in about three batches until well browned. Set aside.
2 Add the mushrooms, bay and thyme, and cook for about 5 mins. Tip in the onions and garlic, and cook for a few minutes more until softened.
3 Return the beef to the pan and add the carrots, stock and tomato purée. Cover and simmer for 2 hrs until the meat is tender and the liquid has reduced to a thick gravy.
4 About 25 mins before the end of cooking time, make the mash. Bring a large pan of water to the boil and add the swede. Boil for 5 mins, then add the potato and boil for 15-20 mins until tender. Drain and mash with plenty of black pepper.
5 You can eat half stew and mash now, then chill the rest to reheat and eat another day. *Will keep chilled for up to three days. Reheat the stew in a pan until piping hot. The mash can be reheated in the microwave.* Serve with broccoli and peas, if you like.

GOOD TO KNOW healthy • folate • vit c • iron • fibre • 5 of 5-a-day
PER SERVING 522 kcals • fat 15g • saturates 4g • carbs 52g • sugars 17g • fibre 11g • protein 39g • salt 1.2g

Make it vegan!

Vegan squash stew

Start from step 2, and fry the **mushrooms** in the **oil** with **rosemary** instead of thyme. Omit the carrots and replace with **320g chunks butternut squash, 2 x 400g drained cans chickpeas** and **1 tbsp smoked paprika**. Cook for 40 mins. Serve with the mash.

GOOD TO KNOW vegan • healthy • low cal • low fat • folate • vit c • fibre • 5 of 5-a-day
PER SERVING 471 kcals • fat 10g • saturates 1g • carbs 70g • sugars 15g • fibre 16g • protein 17g • salt 1g



BBC goodfood Middle East MAGAZINE AWARDS 2023

Incorporating over 60 distinct categories, the *BBC Good Food Middle East Magazine Awards* is a prestigious event that recognizes excellence in the realms of hospitality and dining throughout the expansive Middle East. Marking its remarkable 14th year, the awards are determined through the discerning votes of our readers, providing a genuine reflection of consumer favourites. Evaluation criteria encompass pivotal aspects such as food quality, pricing, ambience, and service across establishments.

The *BBC Good Food Middle East Magazine Awards* ceremony for 2023 unfolded on the splendid outdoor lawn of The Ritz Carlton in Dubai on January 25, 2024. The evening commenced with a pre-reception area abuzz with culinary stations, presenting delectable bites and innovative beverages. This gathering brought together a distinguished assembly of chefs, restaurateurs, hoteliers, and industry peers for an evening destined to be etched in memory.

Presented herewith is the esteemed list of winners, providing you with an insightful glimpse into this remarkable event.













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MAGAZINE AWARDS 2023














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Le Fumoir
By Joe Bassili
SMOKED SALMON FRO


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BBC goodfood Middle East MAGAZINE AWARDS 2023

AFTERNOON TEA UAE



WINNER

Mashrabiya Lounge,
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WINNER

Bull & Bear,
Waldorf Astoria Dubai

BAKED GOODS & PASTRY UAE



WINNER

HAFIZ MUSTAFA 1864

BEACH CLUB UAE



WINNER

Beach by FIVE,
FIVE Palm Jumeirah

BEST CAFE UAE



WINNER

Saddle

BEST DESSERTS UAE

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WINNER

Orfali Bros Bistro

BEST MIXOLOGIST UAE



WINNER

Shelton Fernandes

BEST PIZZERIA UAE

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WINNER

Antonia

BEST SOMMELIER UAE



WINNER

Mile Spasov

BRITISH RESTAURANT UAE



WINNER

Rhodes W1, Grosvenor House, a Luxury Collection Hotel, Dubai

BURGER SPOT UAE

WINNER

Smokin' Gun

BUSINESS LUNCH UAE



WINNER

Cé La Vi Dubai, Address Sky View Hotel

CASUAL BRUNCH ABU DHABI

WINNER

Brick - Rooftop Kitchen & Bar,
Aloft Abu Dhabi

CASUAL BRUNCH DUBAI



WINNER

Wanderlust, JW Marriott
Marquis Hotel Dubai

CASUAL DINING RESTAURANT ABU DHABI



WINNER

Love Vibe Cafe

CASUAL DINING RESTAURANT UAE

WINNER

Vietnamese Foodies

CASUAL DINING RESTAURANT DUBAI



WINNER

Lana Lusa

CASUAL DINING RESTAURANT GCC



WINNER

Cafe Bateel

CASUAL DINING RESTAURANT NORTHERN EMIRATES

WINNER

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Allo Beirut

FINE DINING BRUNCH ABU DHABI



WINNER

LPM Restaurant & Bar

FINE DINING BRUNCH DUBAI

WINNER

Brasserie Du Park Traiteur Brunch, Park Hyatt Dubai

FINE DINING RESTAURANT ABU DHABI

WINNER

Catch at St. Regis, The St. Regis Abu Dhabi

FINE DINING RESTAURANT DUBAI



WINNER

Akira Back, W Dubai - The Palm

FINE DINING RESTAURANT NORTHERN EMIRATES



WINNER

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FINE DINING RESTAURANT (BAHRAIN)

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FINE DINING RESTAURANT (KSA)

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FINE DINING RESTAURANT (KUWAIT)



WINNER

AVA Mediterranean Restaurant, Waldorf Astoria Kuwait

FINE DINING RESTAURANT (OMAN)



WINNER

Bella Vista, Anantara Al Jabal Al Akhdar Resort

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FINE DINING RESTAURANT (QATAR)



WINNER

SUSHISAMBA,
Waldorf Astoria Lusail Doha

FOOD RETAILER UAE



WINNER

Kibsons

FRENCH RESTAURANT UAE



WINNER

Josette, Dubai

FUSION DINING RESTAURANT UAE



WINNER

Above Eleven Dubai,
Marriott Resort Palm Jumeirah, Dubai

GASTROPUB & SPORTS BAR UAE



WINNER

The Underground Pub, Habtoor Grand Resort, Autograph Collection

GREEK RESTAURANT UAE



WINNER

OPA Dubai, Fairmont Dubai

HISPANIC CUISINE UAE



WINNER

Lola Taberna Española, TRYP by Wyndham Dubai

HOME & KITCHEN APPLIANCE UAE



WINNER

UNOX Middle East

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WINNER

Moonrise

INDIAN RESTAURANT UAE



WINNER

Varq, Taj Exotica Resort & Spa, The Palm Dubai

ITALIAN RESTAURANT UAE



WINNER

Cucina, Marriott Resort Palm Jumeirah, Dubai

JAPANESE RESTAURANT UAE



WINNER

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WINNER

Porterhouse Steaks & Grills, Sofitel Dubai The Palm

SUPERMARKET UAE



WINNER

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WINNER

Dibba Bay Oysters

THAI RESTAURANT UAE



WINNER

Pai Thai, Jumeirah Al Qasr

TURKISH RESTAURANT UAE



WINNER

Sirali Restaurant

EDITOR'S CHOICE AWARD



WINNER

L'Atelier de Joel Robuchon

RESTAURANT OF THE YEAR 2023



WINNER

Porterhouse Steaks & Grills,
Sofitel Dubai The Palm

BBC goodfood Middle East MAGAZINE AWARDS 2023



























Hosted at the renowned International Centre for Culinary Arts - ICCA Dubai, the Pro Chef of the Year competition 2023 witnessed an electrifying clash of GCC-based chefs on December 8, 2023. The prestigious accolade called upon Executive Chefs, Head Chefs, and Chef de Cuisines to showcase their culinary prowess.

Meet our finalists!

ARIVUKKARASAN RAVIKKUAMR

Chef de Cuisine at Hell's Kitchen

WINNER

CELIA STOECKLIN

Head Chef at Fi'lia (SLS Dubai Hotel and Residences)

LUCA DEPALO

Head Chef at Bull & Bear

ALI TOPRAK

Chef de Cuisine at Waldorf Astoria Kuwait

MAURO DI LEO

Executive Chef at Cinque at FIVE Palm Jumeirah and Trattoria by Cinque, FIVE Jumeirah Village

DIEGO SOLIS

Executive Sous Chef at Sofitel Dubai The Palm

Our esteemed panel of judges handpicked six exceptional chefs to engage in a head-to-head competition for the coveted title, presented at the *BBC Good Food Middle East Magazine Awards 2023* gala dinner on January 25, 2024, at The Ritz-Carlton, Dubai.

Sponsored by Bord Bia, the live cooking challenge unfolded as a thrilling ingredient cook-off focused on Sustainability & Zero Waste. Following this culinary extravaganza, a tasting session presided over by a discerning panel of industry experts including Kieran Fitzgerald, the Regional Director – Middle East, India, Africa, Bord Bia; Reif Othman, multi-award winning Chef and Restaurateur; and Sergio Freitas, Chef instructor, International Centre for Culinary Arts Dubai.

The chosen chefs had three hours to craft three delectable courses, judged on criteria such as creativity, presentation, taste, technique, time management, and use of ingredients.

The crowning chef Celia Stoecklin was awarded a special gift set from KUTO - Premium Japanese Knives and Kitchen Tools, alongside a spectacular two-night stay with breakfast at the renowned Waldorf Astoria Bangkok. Situated in Bangkok's business district, the five-star hotel offers New York glamour with stunning views across the Bangkok skyline, the exclusive Royal Bangkok Sports Club (RBSC), and a golf course. In recognition of their involvement, the finalists also received engraved knives courtesy of KUTO. Take a look at the behind-the-scenes action from the *Pro Chef of the Year 2023* competition!


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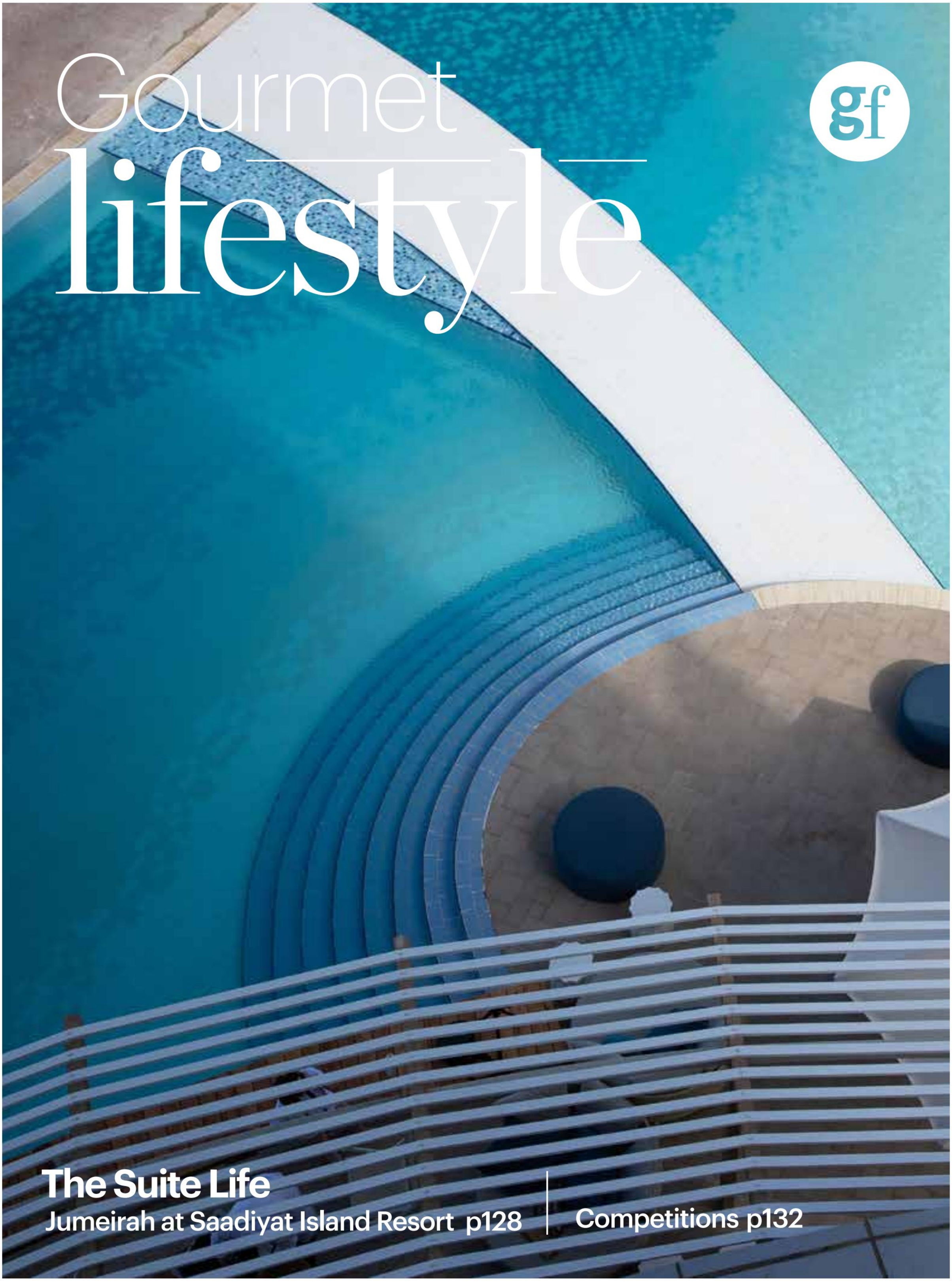
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Gourmet lifestyle



The Suite Life

Jumeirah at Saadiyat Island Resort p128

Competitions p132

The Suite Life

With its stunning location, lavish accomodation, and eco-conscious ethos, Jumeirah at Saadiyat Island Resort is a haven for those seeking a truly magical retreat



Nestled along a tranquil stretch of Saadiyat Island's coastline, the resort offers a refreshing escape from the bustling cityscape. As guests step into the lobby, prepare to be welcomed by a grand installation crafted from over 100 hand-blown Bohemian crystal droplets that serve as a captivating centrepiece, drawing parallels to the opulent marine life found in the island's waters.

The destination seamlessly blends contemporary design with traditional Arabic elements, creating a one-of-a-kind ambience that invites guests to unwind and embrace the island's laid-back charm. Enjoy a seamless check-in experience, complemented by a sustainable touch of receiving a reusable metal water bottle to refill at different points across the resort.

ACCOMMODATION

Jumeirah at Saadiyat Island Resort boasts a collection of 293 elegantly appointed rooms, including eight villas with private pools, 64 suites, and six panoramic suites. Each accommodation option presents unparalleled vistas of the pristine beach and tranquil waters of the Arabian Gulf.

The experience of entering the Panoramic Ocean One Bedroom Suite is nothing short of luxurious. We were greeted by a spacious living room, adorned with Emirati art frames on the wall, featuring a four-seated dining table, ample storage space, and neutral tones creating a welcoming atmosphere, while the sofas provide comfortable seating for up to three adults or two adults and two children. Moving into the bedroom, you'll find a king-sized bed, perfect for a restful night's sleep, alongside a work desk for business travellers and spacious cupboards to store belongings. For those seeking relaxation by the beach or pool, don't forget to grab your beach bag from the suite.

The opulent bathroom features elegant finishes, including a luxurious tub, with separate divisions for the rain shower and toilet, all stocked with ample toiletries for your convenience. With its outdoor seating area and panoramic ocean views from the private balcony, this suite offers a serene retreat where guests can unwind amidst the soothing sea breeze, making it an ideal choice for couples or families.

CULINARY HIGHLIGHTS

The resort is home to a diverse range of dining options, from The Lounge providing panoramic views of the Arabian Gulf to White, offering contemporary cuisine with live cooking demonstrations, and Mare Mare serving











authentic Italian dishes. Tean focuses on Levantine favourites, while Majlis Saadiyat invites guests to its mezzanine terrace for Arabic cuisine. Completing the culinary journey is Offside, known for its vibrant ambience and sports lounge atmosphere.

Our day kicked off with an enchanting brunch experience at White, an all-day dining restaurant within the resort. The thoughtfully crafted archways and screens in the dining area enhance privacy and aesthetics while creating a cosy seating layout, ensuring guests enjoy their meals comfortably with a touch of intimacy. As we ventured into White, we were greeted by a breezy atmosphere and a mosaic-tiled floor leading to a terrace with stunning views of the resort's infinity pools and the picturesque shoreline of Saadiyat Island.

Look forward to a classic international buffet format including Arabic, Indian, and Asian stations with live cooking and grill stations that change weekly, ensuring a fresh culinary experience. Highlights include a seafood station boasting salmon, king crab, lobster, oysters, poached shrimps, and ceviche, along with a variety of meticulously prepared roasts at the carvery station. The salad and charcuterie options are equally impressive, catering to various dietary preferences, while a selection of creative vegetarian and vegan dishes adds to the diversity. In addition, live musical performances adds to the vibrant ambience, encouraging guests to sway in their seats as they savour the culinary delights.

The dessert kiosk offers a wide array of sweet treats, complementing the savoury offerings perfectly. We recommend the crème brûlée, Umm Ali, chocolate fondant and cotton candy ice cream. The little ones can also make their way to the fun Turkish ice cream station.

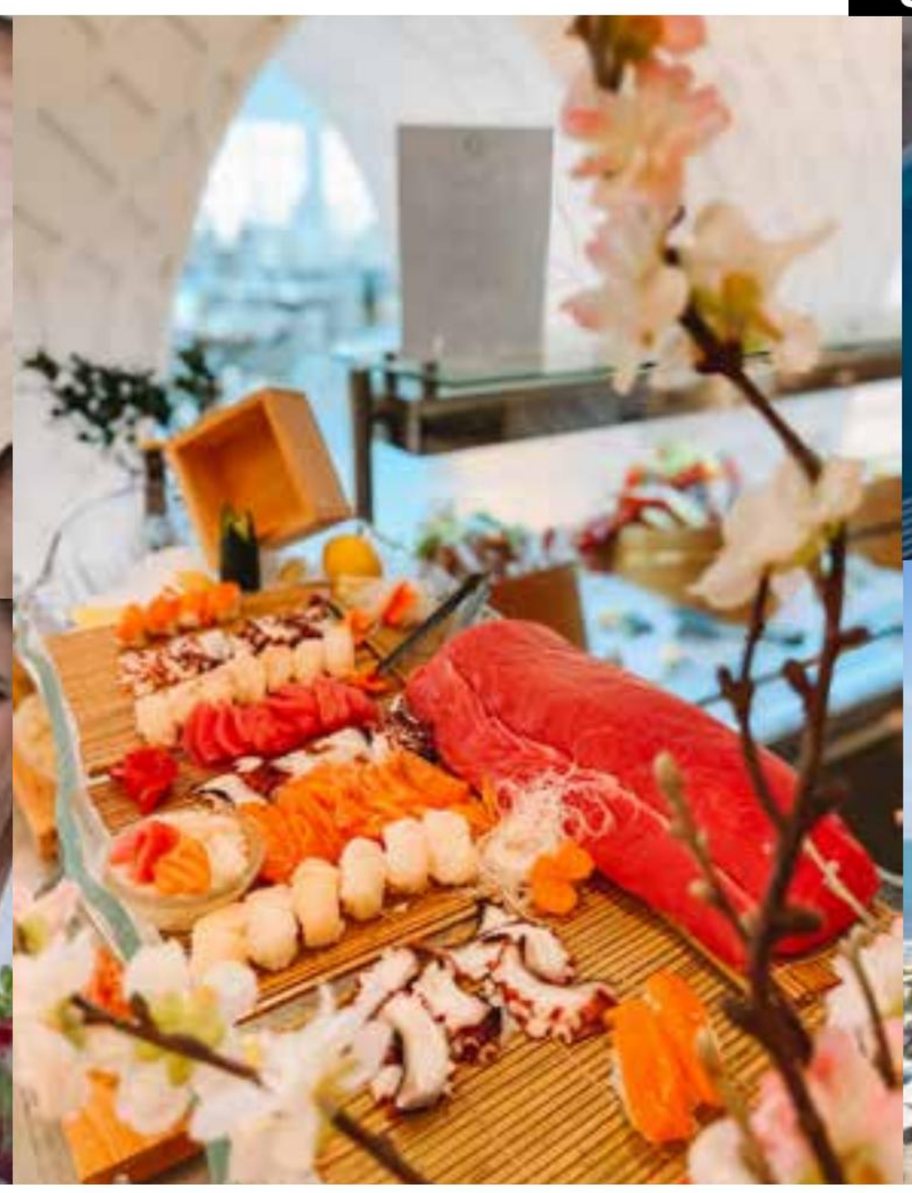
For dinner, our culinary journey led us to Mare Mare, an authentic Italian restaurant exuding the charm of coastal Italy. The menu unfolded with a tantalising array of dishes, each meticulously crafted to entice the senses. Standout starters included the Carpaccio di fassona, featuring succulent fassona beef adorned with parmesan shavings, rocket, and a zesty dijon mustard dressing. Accompanying this was the La burrata, a creamy delight of mixed cherry tomatoes, a burrata ball, and fresh basil pesto, alongside the vibrant Fritto misto, showcasing a medley of fried prawns, calamari, seabass, yellow zucchini, potato, carrot, and a dip of jalapeño mayonnaise.

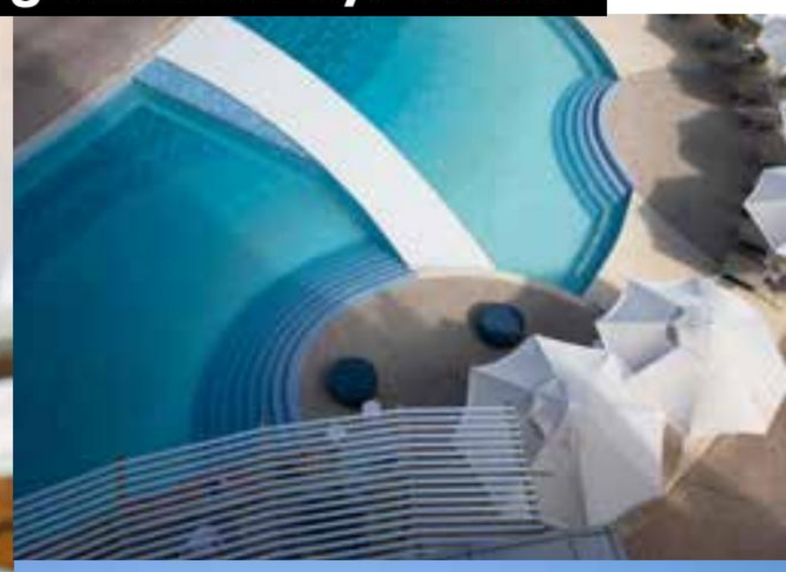
For a satisfying main course, the creamy Risotto al tartufo captured the essence of indulgence with its blend of black truffle, parmesan cheese, and truffle butter, while the Tagliata di manzo presented a succulent Rib-eye grill complemented by rocket, cherry tomatoes, parmesan shavings, and a drizzle of balsamic vinegar.

Concluding our culinary adventure, we savoured the timeless Tiramisu, a symphony of flavours and textures with its layers of coffee-soaked











ladyfingers and velvety mascarpone, crowned with a crispy biscotti. Each bite was a blissful indulgence, perfectly encapsulating the essence of Italian dessert tradition.

The following morning, we were greeted with a lavish breakfast spread at White restaurant, featuring an extensive buffet offering an array of culinary specialties. From Arabic to European and Indian cuisines, each dish was thoughtfully curated to cater to diverse palates. Fresh juices, tea, and coffee were readily available, complementing the array of offerings, including succulent chicken sausages, smoked salmon, grilled chicken, live eggs station, fluffy pancakes, and a variety of salads, smoothies, and pastries. Personal favourites included the flavourful Foul Medames, aromatic Shakshuka, and crispy hashbrowns, followed by vegetable dumplings and a selection of dips.

FACILITIES

Experience ultimate relaxation at the resort's spa, where signature massages, facials, hammam, and rejuvenation techniques await, all performed by trained therapists using top-quality spa products for a truly transformative journey. Indulge in innovative offerings like the Spa Afternoon Tea and tailor-made spa packages, ensuring a personalised pampering experience.

During your stay, keep an eye out for humpback dolphins, as the capital has the world's largest population, with over 700 dolphins in the area. Recognisable by their distinctive hump-shaped dorsal fins, these playful creatures frequent the shallow waters near the coast and can often be spotted while exploring the Saadiyat mangroves on an eco-tour. For those seeking unparalleled relaxation, the resort also has three infinity pools and a swim-up bar, allowing guests to enjoy a refreshing drink without ever leaving the water.

The Sound Healing session at Jumeirah Saadiyat Island resort's private villa garden provided a tranquil haven, with nature's soothing sounds setting a serene backdrop. Commencing with a cacao ceremony, we sipped on the ceremonial-grade cacao infused with a range of spices, experiencing cacao's soothing effects and fostering a sense of unity. Transitioning to ecstatic dance, guided by rhythmic beats, attendees liberated themselves, releasing tension and embracing self-expression. Enhanced by therapeutic sound healing elements, including crystal and Tibetan singing bowls, the session offered a holistic experience, leaving us feeling rejuvenated, marking a transformative journey of self-discovery and renewal.



BOOK NOW

The Panoramic Ocean One Bedroom Suite is available from AED2,170 per night. Visit jumeirah.com/en/stay/abu-dhabi/jumeirah-at-saadiyat-island-resort.

Competitions

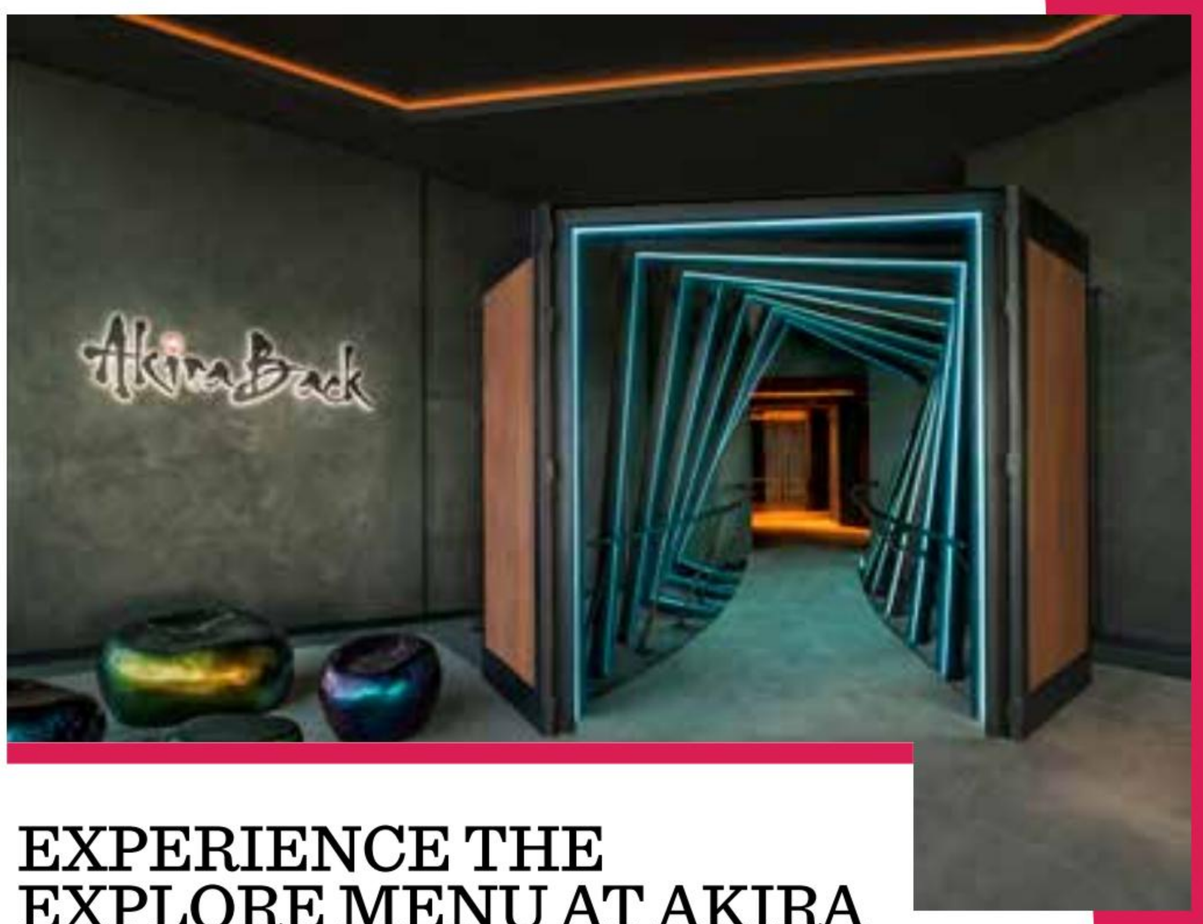
Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



WIN A THREE-NIGHT FULL BOARD STAY AT KANDIMA MALDIVES, WORTH OVER AED8,400

Kandima Maldives cordially invites you to take part in an exclusive competition for a chance to win an unforgettable tropical island getaway in the Maldives for you and your beloved. Enter now for the opportunity to enjoy a three-night full-board stay in one of the stylish Beach or Sky Studios, nestled in the pristine Dhaalu Atoll. Indulge in a culinary journey at ten distinctive restaurants, offering a delightful selection of Mediterranean cuisine, fresh seafood, tapas, succulent steaks, oven-baked pizzas, and an enticing variety of global flavours.

As the sun sets, immerse in the vibrant ambience of Aroma Cafe, where you can enjoy specialty coffees while unleashing your artistic talents at the Kula Art Studio. Whether you seek relaxation or adventure, the offerings cater to all preferences. Rejuvenate at the award-winning esKape Spa or dive into thrilling water sports activities with Aquaholics. For those craving excitement, embark on a scuba diving adventure for an unforgettable adrenaline rush. Don't miss this chance to create cherished memories at the ultimate vacation destination — Kandima Maldives.



EXPERIENCE THE EXPLORE MENU AT AKIRA BACK, WORTH AED600

Indulge in Akira Back's Explore menu for an unforgettable culinary journey. Start with the crispy Tuna pizza and Salmon tataki, followed by the succulent AB Tacos and elevated Scallops in half shell. For mains, enjoy the Josper grilled salmon and Jidori chicken, paired with flavourful accompaniments. Conclude with the refreshing Yuzu citrus dessert crafted by the skilled chefs at Akira Back.

WIN A MĀNUKA HONEY HAMPER FROM COMVITA, WORTH AED500



Comvita is committed to providing the highest-quality Mānuka Honey, supported by nearly five decades of beekeeping expertise and rigorous in-house processes. All Mānuka Honey from Comvita comes with an MGO guarantee, while their monofloral Mānuka is UMF™ certified, ensuring each batch undergoes independent testing. Recently introduced to the GCC region, Comvita's sustainably harvested Mānuka Honey from the pristine forests of New Zealand is celebrated worldwide for its wellness advantages. Enter for a chance to experience the richness of nature with Comvita this season!



DINING VOUCHER AT RAISING CANE'S, WORTH AED500



Dubai's culinary scene elevates with the debut of Raising Cane's Chicken Fingers at The Beach JBR. Renowned for its crispy chicken fingers, the restaurant's signature Cane's Sauce adds a flavorful touch to each bite, enhancing the dining experience. With a customizable menu, guests can enjoy their chicken fingers in various ways, ensuring a personalised culinary journey for all.

EMBRACE NEW YORK AT 42 MIDTOWN, ZABEEL HOUSE THE GREENS, WORTH AED500

Nestled within Zabeel House The Greens, the newly unveiled 42 Midtown seamlessly merges the vibrant essence of New York City with a touch of European flair. Drawing inspiration from the bustling 42nd Street in Manhattan, the restaurant's menu pays homage to the diverse flavours and culinary traditions that define New York's renowned gastronomic scene. Guests can indulge in an array of delectable offerings, ranging from traditional wood-fired pizzas and impeccably seasoned grills to inventive blends of New York and European cuisine, all within the inviting ambience of this modern urban retreat.

DINING VOUCHER AT PEET'S COFFEE, WORTH AED500



Peet's Coffee, founded in 1966 and recently expanding to the UAE and KSA, is renowned for its superior coffees and teas sourced from the finest beans and leaves globally. With over fifty years of dedication to excellence, every cup reflects their commitment to quality, from collaborating with farmers to hand-roasting. Immerse yourself in bold flavors and aromatic bliss with Peet's Coffee and stand a chance to win a craft coffee experience.

DINING VOUCHER AT THE CITRONELLE CLUB, WORTH AED500



Nestled in SO/ Uptown Dubai, the Citronelle Club seamlessly merges South East Asian and Chinese culinary traditions with a touch of French sophistication. Led by Chef Tiger Fongchen Chen, the culinary team has curated a menu that skillfully blends the essence of both cuisines, offering a tantalising culinary experience.

INDULGE IN THE WONDERS OF THE ROYAL INDIAN FLAVOURS AT ZAFRAN, WORTH AED500



Crafted by master chefs, the menu features biryanis, kebabs, and signature dishes, promising an unforgettable dining venture. Embracing India's diverse flavours, the chefs use premium ingredients to create delectable dishes that offer a taste of the country in every bite.

DINING VOUCHER AT CARLUCCIO'S, WORTH AED500



Established in 1999 by Antonio Carluccio in the UK, Carluccio's offers a family-friendly Italian dining experience based on the motto "MOF MOF" — Minimum of Fuss & Maximum of Flavour. With a focus on simplicity and quality ingredients, Carluccio's diverse menu includes pizzas, pastas, mains, desserts, and signature coffee blends. Indulge in authentic Italian cuisine at Carluccio's outlets located in Dubai Mall, Dubai Marina Mall, and Arabian Ranches 2.

To be in with a chance of winning these prizes, visit our competitions page on ***bbcgoodfoodme.com***, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

BBC goodfood
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